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FORGET 'POLITICAL SUICIDE' — IS THE MEDIA KILLING FORD?

SCRUTINY AND STRESS PAGE 4

Never say the pain is a full 10-out-of-10

In which the Danimal gets a lesson in scoring drugs PAGE 13

Healthy-food fine has mom at Ritz end

Manitoba mom sent bill for $10 after school patches up her kids' allegedly unhealthy lunch with Ritz crackers PAGE 8

There's plenty of catfishing in the sea

Turns out tons of people are getting duped by phoney online lovers — so why not make a TV show? PAGE 15

NEWS WORTH SHARING.

Coun. Doug Ford and Mayor Rob Ford confront a heckler in the gallery at city council on Monday during a debate that spiralled into a shouting match and threatened to end in violence as the mayor appeared to charge toward the crowd. More coverage, pages 3, 4, 5. BERNARD WEIL/TORSTAR NEWS SERVICE

Ford beats war drums as vote guts his power

Defiant. Mayor dials up violent rhetoric as he accuses council of enacting a coup d'état

An extraordinary debate marred by chaotic scenes saw city council strip Rob Ford of more of his mayoral powers Monday, an act he compared to the Iraqi invasion of Kuwait and a declaration of war.

Blasting what he called a "coup d'état," Ford said voters should be able to pass judgment on him, not his fellow councillors.

"Mark my words friends, this is going to be outright war in the next election," he said.

At times it seemed as if violence would erupt in council chambers as a shouting match erupted between Ford and members of the public.

The besieged mayor then appeared to charge a heckler, but instead accidentally steamrolled a female councillor standing in his way, leaving her with a bruised lip.

The incident prompted yet another apology from Ford, who at one point was seen making drinking-and-driving gestures directed at a councillor police had warned about impaired driving.

The incidents formed a noisy backdrop to the unprecedented debate over neutering the already wounded mayor.

Ultimately, council voted overwhelmingly to slash his mayoral budget and hand many of his duties — and staff — to the deputy mayor.

Mayor's metaphor

"You guys have just attacked Kuwait."

Mayor Rob Ford, comparing council to former Iraqi president Saddam Hussein and his invasion of the emirate in 1991

Council had already passed motions on Friday stripping Ford of his ability to appoint key committee chairs or to exercise emergency powers.

Ford's lawyer, George Rust-D'Eye, said he might seek an injunction against council's decisions but he was still awaiting instructions.

City staff said they believed their actions, essentially in place until the next election in October 2014, would withstand any court scrutiny.

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Travel Industry Council of Ontario

Objection! Ford cries foul as more powers stripped, budget slashed

Legal action a possibility. City manager says 8 staff instead of 20 enough to carry out mayor's diminished duties

On Tuesday, water will still run from taps and garbage will still be collected, regardless of city council's decision to cut Mayor Rob Ford's power across a range of items big and small.

However, the decision to slash the mayor's office budget leaves him with the title but a much-diminished role. That much we know. What remains unclear is what happens next.

Ford could challenge the council decision in court. At the start of Monday's meeting Ford could be seen consulting closely with his lawyer George Rust D'Eye.

By end of day, Rust D'Eye said his first order of business will be to speak to his client to see what he wants to do. Within hours, Coun. Doug Ford, the mayor's brother, said the council decision would be challenged in court.

If a legal challenge is launched, Rust D'Eye said, Ford could move to quash council bylaws that limited his powers, or he could seek a review of council's decision by the Divisional Court.

A likely first step is a stay issued by the court to halt the council decision until a judge hears arguments. That would likely keep Rob Ford with full powers for months. The next election is set for Oct. 27, 2014.

If council's actions stand, it's possible some councillors over time might move to counter the Ford agenda. Elected on a platform of ending the so-called gravy train at city and "respect for taxpayers" council has stripped Ford of some of the powers that made fulfilling his mandate easier. For example, he has lost control of the key committees that run the city, opening the door to challenges. The first test could come within weeks when councillors will be deep in 2014 budget talks.

Ford, who bitterly opposed the diminution in his powers, has indicated he can't wait to hit the campaign trail.

TORSTAR NEWS SERVICE

Mayor Rob Ford gestures to Coun. Paul Ainslie as councillors look to pass motions to limit his powers in Toronto on Monday. Council cut Ford's budget from $1,940,000 to $712,000. CHRIS YOUNG/THE CANADIAN PRESS

Time for a change

"The staff in the mayor's office have to have their morale restored. Their confidence and sense of adventure has to be restored."

Deputy Mayor Norm Kelly

Fords' call for snap election faces long odds

Mayor Rob Ford with his brother Doug on Monday. THE CANADIAN PRESS

Both Mayor Rob Ford and his brother, Coun. Doug Ford, called for a "snap election" Monday, but even if city council were to ask the province to amend the Municipal Act, the process could take months and would require the consent of both the provincial and municipal governments.

With an election already scheduled for Oct. 27, 2014, municipal law experts say that even though the province could technically call for an early election, it's unlikely to happen.

"The legislature would have to get together and do this. They'd have to draft it first. Let's assume they could do it overnight — they'd still have to go through three readings," said John Mascarin, a municipal lawyer who works with the law firm Aird and Berlis LLP. "I don't see anyone going in and doing that. I don't see the province, especially with less than one year ... until the next election."

Doug Ford attempted to table a motion at the special council meeting, calling on the province to amend the act and trigger an early election. Ford's motion, which was ruled out of order, came on the same day his brother issued a challenge on AM 640, saying, "If they want me out they should just call a snap election."

Even if councillor Ford's motion had passed, the province would still have to agree to the request, draft an amendment, hold three readings and vote on it, Mascarin said.

In addition to requesting an amendment to the Municipal Elections Act, council could also prompt an election by not showing up for work for 60 days, at which point the Minister of Municipal Affairs and Housing may call a byelection. This option is very unlikely, says Mascarin.

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Is the media killing Rob Ford?

Ford's folly. Addictions expert says the mayor's denial amid 'remarkable' media attention is preventing effective treatment

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Doug Ford and commentary on social media have accused the media of "killing" Rob Ford and, as a reporter, I take that seriously.

I don't want to have any part in killing the man. The drug use and "drunken stupors" present a real enough concern.

For example, I've listened to the criticism of Tom Grinnell, a left-leaning voter (and childhood friend) who has been asking reporters on Twitter to lay off Ford, warning we're helping to kill him.

Grinnell finds it sad and difficult to watch Ford's personal problems being publicly displayed, and while he believes Ford's problems are caused by Ford himself, he says they're exacerbated by the media.

"Addictions or not, we're watching somebody self-destruct," he said.

Ford denies being an addict or having a substance abuse problem, but many of his former staffers, fellow councillors and other observers don't believe that's true.

Dennis Long, co-founder and executive director of Breakaway Addiction Services, hasn't treated Ford but said — based on court documents, media reports and Ford's own admissions — the mayor "at best" appears to have a binge-drinking problem.

Worse, there are signs — particularly the alleged drinking Ford's former staffers have described to police — that he is a "dependent-level drinker," said Long.

Ford's response to the "remarkable" media attention has been to deny there's a problem, and it has become almost impossible for him, at this point, to move away from that position, which prevents effective treatment, Long said.

Long also considers the risk that the pressure Ford is under will make any problems he has worse.

"If somebody who has a beginning or well-established drinking problem comes under a lot of stress, the chances of them reducing their use are slim to none and chances of them increasing use are good. It just simply works this way," he said.

Despite the real threats to Ford's health, Long is not calling on the media to reduce its coverage of Ford.

"You're dammed if you do and you're dammed if you don't. The media can't not report this. It's news," he said. "The fault, I don't think is with you. The fault in this whole rather tragic tale — and it is a tragic tale — is with the mayor and those closest to him who have, for whatever reason, passed up the chance to get out of this with the defensiveness they are mounting."

Long believes that without Ford and those closest to him ending the denial, the outcome will be "tragic."

"I feel very strongly that this is not going to end well and at this point, there is not a whole lot anybody can do about it other than watch it unfold and that's really a tragedy, because it didn't have to happen this way."

Mark Elliot, who is both a member of the media as a host with Newstalk1010 and an addictions counsellor, shared Long's concerns, based on Ford's admissions of drug use, "drunken stupors," and bizarre erratic behaviour.

However, he also didn't see the media as responsible for Ford's problems.

"I want to see him live, survive and thrive," he said. "It's only going to happen when he admits that he really has a problem."

Mayor Rob Ford sits in the gallery with his lawyer George Rust D'Eye on Monday as council debates the motion to limit the mayor's office budget. DAVID COOPER/TORSTAR NEWS SERVICE

Quoted

"I feel very strongly that this is not going to end well ... that's really a tragedy, because it didn't have to happen this way."

Dennis Long of Breakaway Addiction Services

Analysis

Ethics in journalism

Professor of media ethics Stephen Ward argues that, generally, reporters should "minimize harm" — but in the case of Rob Ford it doesn't mean reporters should hold back out of concern for his health.

"By deciding not to resign, the story goes on and the media have to continue paying attention," said Ward, director of the George S. Turnbull Center for Media at the University of Oregon. "There's deep public interest here."

If the pressure of the media is detrimental to Ford's health, it's up to Ford to resign, he said. "The media just can't go away and say we'll leave you alone because we don't want you to have health issues."

Part of the problem is that the mayor denies he has a problem. If he does admit to a problem he should be treated with compassion and urged to seek help, but reporters would still need to ask tough questions about his ability to govern.

However, when the mayor continues to be "belligerent," it's "difficult for compassion to come to the fore," he said.

RICK MERCER REPORT
This week, Rick makes new friends when he helps feed the Pandas at the Toronto Zoo.
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Advocates come together to get kids moving

Partnership. Group will meet with premiers, ministers to figure out how to work more exercise into school day

PHOEBE HO
toronto@metronews.ca

Dozens of organizations are joining forces on a nationwide campaign aimed at getting kids active for at least one hour a day during school.

Launching in Toronto on Monday, the Active at School initiative endeavours to encourage provincial governments to integrate an hour of physical activity during or after school in all grade levels.

Spearheaded by Canadian Tire, the campaign will be pooling the resources and expertise of 60 partners, including the NHL, the Canadian Olympic Committee and the Canadian Medical Association.

With one-third of Canadian youth aged five to 17 classified as overweight or obese, Chris Jones, CEO of Physical and Health Education Canada, said it's imperative for the government to hear their united voice on the issue.

"It sends a very significant message that there's real resolve and determination. We can't let this crisis of childhood inactivity and obesity persist," he said. "It can't carry on like this because we know that childhood health issues become adult dysfunction."

The growing problem of childhood obesity has been compounded by the increasingly accessible technologies that often draw children indoors in front of a screen, said Dr. Mike Evans of St Michael's College Hospital. He said it's vital for children to establish healthy habits early in their lives.

"The couch and the desk have become our generation's cigarette, and just like cigarettes we're going to have to change the culture," he said. "Everyday life for our kids is school; that's where the culture is."

While there are many places for kids to get active, the group believes schools offer the perfect solution to the usual barriers to activity, which can include time, money, transportation, programming, facilities and safety.

Quoted

"The couch and the desk have become our generation's cigarette."

Dr. Mike Evans, St. Michael's College Hospital

Members of more than 60 sports and wellness organizations gather in Toronto on Monday to launch Active at School, which encourages students to get at least an hour of exercise a day. THE CANADIAN PRESS

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Rob Ford THE CANADIAN PRESS FILE

Ford's drug hypocrisy a head-shaker for observers

Rob Ford has sucked on a crack pipe, smoked "a lot" of pot and purchased illegal drugs while occupying the mayor's office. To many, it also appears he struggles with alcohol abuse.

Yet throughout his political career, Ford has consistently supported the criminalization of drug users and opposed programs that focus on prevention and treatment.

No hugs for thugs, crack pipes for addicts or clean needles for intravenous drug users. "Absolutely ridiculous," Ford has said. Funding for harm-reduction programs? Forget it.

Instead, Ford has always had his feet planted firmly in the law-and-order camp, supporting stiffer sentences for lawbreakers, more money for cops and praising gang and drug sweeps, which typically target marginalized groups.

"This is just a stunning example that we get to see so clear, but it exists in the corridors of power, the hypocrisy of people with power," Donald MacPherson, executive director of the Canadian Drug Policy Coalition, said from Vancouver.

"It's so clearly an issue that plays into a base of supporters — being hard on drugs, tough on crime.... We know that's bunk; it doesn't create safe communities, it has to do with getting votes."

Dennis Long, executive director of Breakaway Addiction Services, said the hypocrisy boggles the mind.

"He believes that people who do these drugs ... deserve punishment — except when it's him," Long said.

TORSTAR NEWS SERVICE

Canadian Red Cross expert sent to handle post-typhoon violence

Preventing a second wave of suffering. Survivors at risk of physical, sexual and emotional abuse

MATT KIELTYKA
Metro in Vancouver

Post-disaster violence may worsen the plight of survivors already struggling for aid in the typhoon-hit province of Leyte, Philippines. AARON FAVILLA/THE ASSOCIATED PRESS

Minutes before boarding for the devastated post-typhoon Philippines, Gurvinder Singh was preparing himself to "expect the unexpected."

Like most Canadians, he's seen images of hardship, destruction and suffering flash across television screens.

Unlike many observers though, Singh is a Canadian Red Cross violence prevention adviser and he knows that the vulnerable, displaced and sick can also become victims of a second wave of suffering in the form of physical and sexual violence.

"Unfortunately it's a common thing, we've seen this globally after other disasters," Singh said from the Vancouver International Airport on Monday. "In those conditions people can become victims of physical, sexual and emotional violence."

Singh will be deployed at the Canadian Red Cross' field hospital in Ormoc, where he and his team will look for signs of abuse among patients. Opportunistic criminality, family stresses and cramped conditions are just some of the risk factors Singh will be working to mitigate.

"I know there will be a lot of human suffering. We're training to expect the unexpected," he said. "The Red Cross has great training. We're prepared. It's a matter of doing your best with the best that you're given."

Ormoc City, in the province of Leyte, is one of the hardest-hit areas in the Southeast Asian country.

Abusing the injured

"We've seen this globally after other disasters"

Gurvinder Singh, violence prevention adviser for the Canadian Red Cross, talking about how violence frequently happens in the aftermath of large-scale tragedies.

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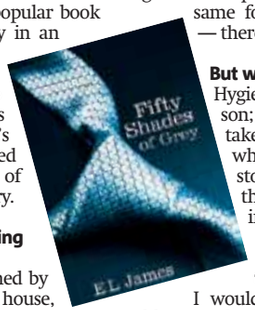
50 shades of gross.
Traces of drugs, STDs found on library books

KIERON MONKS
Metro World News in London, U.K.

Belgian researchers have discovered traces of drugs and sexually-transmitted diseases in a copy of the popular book 50 Shades of Grey in an Antwerp library. Toxicology professor Jan Tytgat, who ran chemical tests on the library's 10 most-borrowed books, said most of us should not worry.



Why were you doing this test?
We were approached by a TV production house, who were curious to know if there was evidence of micro-organisms or psychotropic substances in public libraries. It made me think, because we know there is cocaine on every $100 US bill, and even on the surface of rivers, so it could have been a risk on children's books.

So we should stay away from books?
The message is very much that it's still good to go to libraries. There is 100 per cent evidence for cocaine but of no toxicological consequence, and the same for the bacteria — there is no danger.

But why is it there?
Hygiene is one reason; if people don't take care. Also, where books are stored can expose them to contamination.

So this is all totally fine?
I would worry about athletes, as the doping agencies have a zero-tolerance approach, but modern toxicologists can find a needle in a haystack. If you have contact with books, this can leave traces of substance in your system. In the absence of "cut-off" levels that we have in other disciplines, this could ruin careers.

Texas. Students to play game of 'Catch an Illegal Immigrant' on campus

The Young Conservatives of Texas announced Monday they will play a "Catch an Illegal Immigrant Game" this week on the University of Texas at Austin, drawing condemnation from Democrats and stirring passions over an issue that has vexed the border state.

The game is planned for Wednesday when club members will wander the campus wearing signs that say "illegal immigrant." Students who capture them and take them to the Young Conservatives' recruiting table will get $25 gift certificates.

Gregory Vincent, the university's vice-president for diversity, said students who participate in the game Wednesday would be exercising their freedom of speech "to the detriment of others."

THE ASSOCIATED PRESS

Mom told kids' food not ritzy enough

Balancing act.
Manitoba school tells parent lunch she packed lacked grains — which they solved by giving children Ritz crackers

SHANE GIBSON
Metro in Winnipeg

A Manitoba mother was surprised last year when her kids came home from daycare with a note informing her she'd be fined because the lunch she'd packed for them — complete with homemade roast beef, potatoes, carrots, an orange and milk — was unbalanced.

And the kicker for Kristen Bartkiw came when she read how the daycare had balanced the lunches: Her five-year-old son and three-year-old daughter were each given Ritz crackers to make up for the missing grain required under the province's school lunch policy.

NAME: Natalie & Logan
Lunch Box Supplement Note
Today your child's lunch was supplemented with:
Ritz Crackers
Meals that are provided to children (by either the center or parent) are required to have:
1 milk, 1 meat, 1 grain, and 2 fruits/vegetables.
According to licensing guidelines, the center is required to supplement lunches that contain anything less than this.
Today you were missing: Grain x 1
HAD: meat, potatoes, milk, carrots, orange
Your account will be charged: $10.00
DATE: December 10/2012
Motion:
Parents will be charged $5.00 per child, per item missing. If the child's lunch is not a balanced meal according to the Canadian Food Guide effective April 17/12. Carried.

Left, the note sent home to Kristen Bartkiw, right, and her husband, Wade. CONTRIBUTED

"They have certain legislation that they have in place where you have to follow these food groups, but it doesn't matter how processed the foods are or if they're junk food … so Ritz crackers count as a grain," laughed Bartkiw, 33, who lives in Rossburn, Man. "I phoned the daycare worker and said, 'You know, potatoes, surely I can get away with this,' and they didn't actually end up charging me the $10."

Bartkiw's story was made public Monday on a blog.

While she understands the policy is intended to encourage parents to make sure their kids are eating whole meals, Bartkiw thinks in many cases the Canada Food Guide can be too broadly interpreted.

"You could send microwave Kraft Dinner every day and that would count as a grain under the guide," she said.

Calgary mayor to fight defamation suit

Calgary Mayor Naheed Nenshi speaks with reporters Monday afternoon.
ROBSON FLETCHER/METRO IN CALGARY

Calgary Mayor Naheed Nenshi said Monday he plans to defend himself from what he deemed as "outrageous damages" being sought by Shane Homes founder Cal Wenzel, whose $6-million defamation lawsuit against the mayor surfaced Friday.

Nenshi made the comments Monday afternoon, but said he still hadn't been formally served with papers.

The lawsuit largely centres on a surreptitiously filmed video of Wenzel and others in which they appear to be talking about how to get like-minded members elected on city council. It's alleged Nenshi used the video to make Wenzel a "straw man for gainsaying anyone with political views" different from the mayor's on land development and housing.

Nenshi said he finds the claims against him "extremely disappointing."

"Mr. Wenzel, through his own actions, is the architect of his own situation," he said. "He's the one who decided how he was going to try to influence the election. He's the one who decided to hold that so-called secret meeting."

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Dream come true

San Francisco became Gotham City for the day thanks to the Make-A-Wish Foundation.

- After a call from the chief, Batkid swung into action to save a woman tied to railway tracks, then foiled the Riddler's bank robbery and ended the Penguin's evil kidnapping plot.
- Batkid's secret identity is Miles Scott, 5, of Oregon, who is in remission from leukemia after fighting it for four years.

The Penguin takes San Francisco Giants mascot Lou Seal hostage as Batman and leukemia survivor Miles Scott, 5, as Batkid, seen in left inset, give chase as part of a Make-A-Wish Foundation fulfilment in San Francisco. RAMIN TALAIE/GETTY IMAGES

Ontarian plays baddie in Batkid caper

Villain with a heart.
Londoner speaks of 'amazing' day playing the Penguin for San Francisco Batkid wish

MIKE DONACHIE
Metro in London, Ont.

If you're a vicious crime lord and 10,000 people have gathered to boo you, it's got to be a bad day.

But for Mike Jutan, it was the greatest day ever.

On Friday, the London, Ont., native became the Penguin, one of the villains defeated by the unstoppable Batkid in the inspiring story that's been wowing people all over the world.

"I work with Batman," said Jutan, a software engineer in San Francisco. By Batman, he meant Eric Johnson, who played the DC Comics hero to help the Make-A-Wish Foundation grant an incredible wish for five-year-old leukemia survivor Miles Scott.

"I had no idea it was going to be this big," Jutan said. "When I was asked to do it, I thought we would just put on some costumes and romp around a playground for 10 minutes for a little kid."

But as the planning continued, the event got bigger and bigger until Jutan, having kidnapped San Francisco Giants mascot Lou Seal, found himself snarling at a massive crowd from the back of a Bentley.

"We kind of closed down the whole city," Jutan laughed. There he was, standing in full costume as the Penguin, as he and his captive were driven from Union Square to AT&T Park, where the final confrontation took place.

Batkid and Batman arrived in their Lamborghini Batmobiles to take him down.

There was an obstacle course, a smoke bomb, a slide and a defeat for the Penguin in his secret lair.

As for Batkid, he's left a lasting impression on his arch-enemy.

"You could see the fight in his eyes," said Jutan. "What a strong-willed kid. He was amazing."

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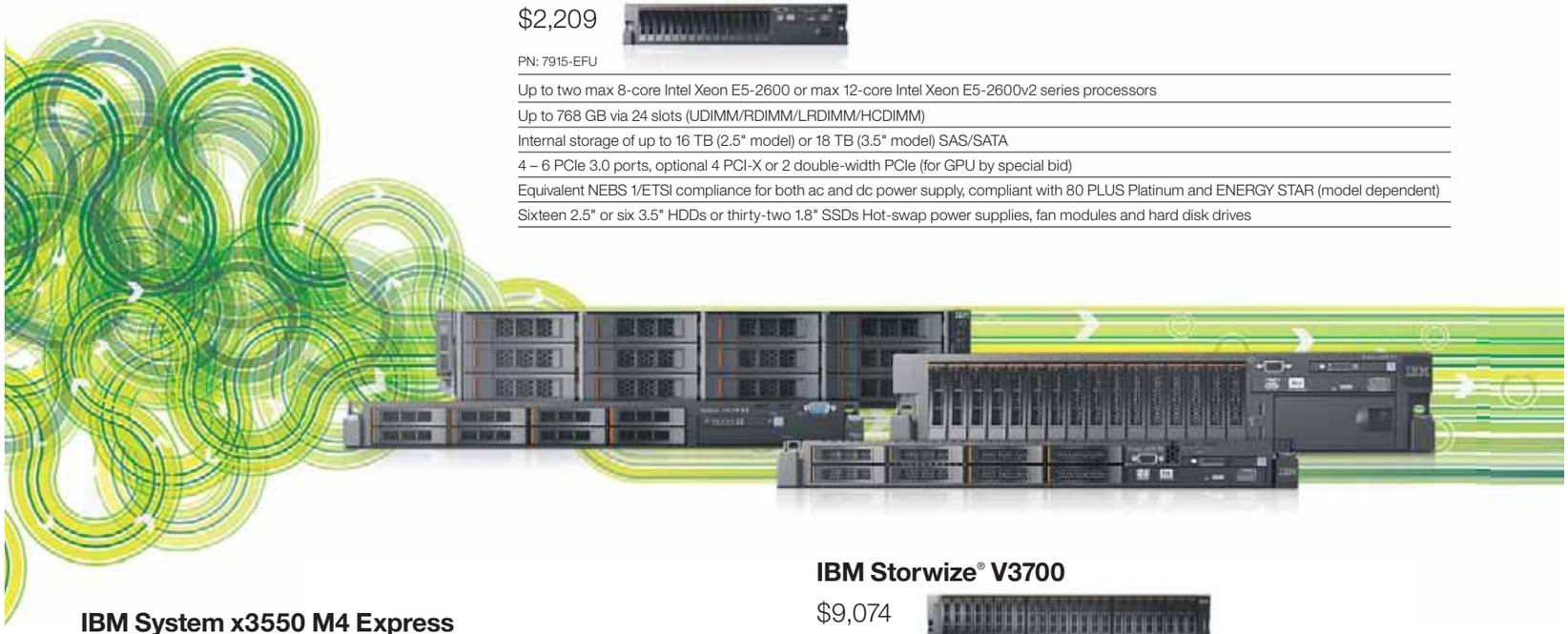

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Are we alone? Maven takes off to find out

NASA. Spacecraft due at the red planet by next fall will help scientists answer some existential questions

NASA's newest robotic explorer, Maven, rocketed toward Mars on Monday on a quest to unravel the ancient mystery of the red planet's radical climate change.

The Maven spacecraft is due at Mars next fall following a journey of more than 700 million kilometres.

Scientists want to know why Mars went from being warm and wet during its first billion year to cold and dry today. The early Martian atmosphere was thick enough to hold water and possibly support microbial life. But much of that atmosphere may have been lost to space, eroded by the sun.

Maven set off through a cloudy sky Monday afternoon in its effort to provide answers.

A question underlying all of NASA's Mars missions to date is whether life could have started on what now seems to be a barren world.

THE ASSOCIATED PRESS

To Mars with a mission

"(This is) all part of our quest for trying to answer, 'Are we alone in the universe?' "

John Grunsfeld, NASA's science mission director

A rocket with Maven on board in Cape Canaveral, Fla. NASA/THE ASSOCIATED PRESS

Random biz fact of the day

200

First applications are received 200 seconds after a job is posted.
CAREERBUILDER

QUINN ROONEY/GETTY IMAGES

Market Minute

DOLLAR 95.86¢ (+0.14¢)

TSX 13,458.06 (-24.50)

OIL $93.03 US (-81¢)

GOLD $1,272.30 US (-$15.10)

Natural gas: $3.62 US (-6¢)
Dow Jones: 15,976.02 (+14.32)

The Toronto Land Transfer Tax is Unfair.

When you buy a home in Toronto, City Hall's LAND TRANSFER TAX forces you to pay THOUSANDS, up front - $7,000 for the AVERAGE home. It hurts you when you can least afford it, such as when you have to move because your family is growing, or when your retirement needs change. Even many first-time buyers, struggling to save, have to pay. That's not right.

City Hall has collected over $300 million MORE than budgeted from the LTT, since it took effect! That's not right.

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Visit LetsGetThisRightToronto.ca to make your voice heard, and learn how we can eliminate the Toronto Land Transfer Tax.

LET'S GET THIS RIGHT TORONTO

Here's a new one...

Watchdog puzzled by government underspending

Canada's budget watchdog is asking parliamentarians to get to the bottom of why the Harper government is spending less than it has been authorized.

The Parliamentary Budget Officer says the government has been unable to, or not spent, about $10 billion that was approved in each of the past three years.

THE CANADIAN PRESS

Across the pond...

Rob Ford isn't the only leader with a video scandal

The Co-operative Group launched an investigation Monday into any "inappropriate behaviour" among its employees after a video emerged of the former chairman of its bank allegedly buying drugs.

Britain's largest mutual society started the review after Paul Flowers apologized following the video released by the Mail on Sunday.

THE ASSOCIATED PRESS

Stay classy, Emerson College

It's kind of a big deal that Emerson College is changing the name of its school of communication. The college in Boston will rename the school — for one day only — the Ron Burgundy School of Communication on Dec. 4 to honour the fictitious television anchorman. Actor Will Ferrell, in character, is scheduled to share his path to journalism greatness with students. FRANK MASI/PARAMOUNT PICTURES/THE ASSOCIATED PRESS

Crime. RCMP allege American man tried to defraud TD Bank of $2.5M

Police say an American already facing charges for allegedly impersonating a Canadian deputy minister is now facing more charges for allegedly trying to defraud TD Bank of $2.5 million.

RCMP have laid eight fraud and forgery charges against Howard Leventhal, 57, of Long Grove, Ill.

The authorities allege Leventhal tried to get a $2.5-million line of credit from TD Bank in Toronto in July.

The RCMP allege Leventhal tried to secure the line of credit against seven fraudulent accounts receivables he said were owed by Health Canada to his company Neovision.

Prosecutors in the U.S. alleged earlier this year that Leventhal scammed Paragon Financial Group for $800,000 US by claiming it could collect money he said Health Canada owed to his company.

THE CANADIAN PRESS

Allegedly not the real McCoy

According to the complaint filed in Federal Court in Brooklyn, N.Y., Leventhal assured Paragon he was providing Health Canada with "Heltheo's McCoy Home Health Tablet."

- The device, was named after Dr. Leonard McCoy of TV's Star Trek.

Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 12

metronews.ca/temp

West of our lives

Like oilsands through the hourglass ...

With Alberta's robust economy, buoyed by its resources, worker shortages have been a problem.

The Alberta Human Resources and Employment report of 2006 predicted a worker shortage of 22,000 in 2012; up to 70,000 by 2018; and 114,000 workers short by 2021.

The field that uses seasonal workers is the one that drives the economy: oil and gas. In 2012 there were nearly 40,000 temporary "camp workers" in Northern Alberta — more than 50 per cent of the entire population around the oilsands.

METRO IN EDMONTON

THE CANADIAN PRESS

Labour pains

Aging pop. means fewer workers

Long-term projections show that the labour supply growth is projected to fall from the current one per cent to 0.4 per cent between 2019 and 2030, recovering modestly to 0.6 per cent between 2031 and 2050.

THE CANADIAN PRESS

Temp Witnesses the Class Divide

Had there not been stab wounds and vomit everywhere, the hospital lineup could have been fun in a tailgate party kind of way. Our surprise neighbour was Darren, the vet I'd given 20 bucks to after lunch. He was holding a T-shirt up to a wound on his forearm.

"What happened?"

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."

"Who won?"

"He did."

"Here, have a stick of gum." I am nothing if not fresh.

Danimal was being a downer. "How hard can it be to get some painkillers?"

"Dan, there are many people here in far worse shape than you. Keep it down."

Darren advised, "If you're looking to score painkillers, man, don't overplay it."

"But I'm in genuine pain."

"Sure, sure. Half the people in this lineup are here just to score some Oxy, but if you overdo it, they'll just tell you to scram."

Dan is practical. "What do I need to know?"

"Tell them your pain is about 8 on a scale of 1 to 10. It hurts, but you've felt worse. And don't scream or make moaning sounds. It irritates them and they're relieved when they don't have to watch someone aiming for an Oscar."

"Good to know."

"And now we stand and wait."

And wait we did. About two hours in Dan asked, "Shannon, have you been here before?"

"No. But I did break my arm rollerblading in Boston four years ago — go Red Sox! Cost me $19,000, and I'll be in debt until I'm 40. It's why I can't do what I really want to do in life. But I do have a Saint Eustace loyalty card you can borrow if you want."

"Was the emergency area as crowded as this four years ago?"

"Worse. There was a full moon that night."

Finally, it was our turn. Once we hit the front, Dan took a step and something inside him went sideways — he bellowed like a pirate, scaring even me.

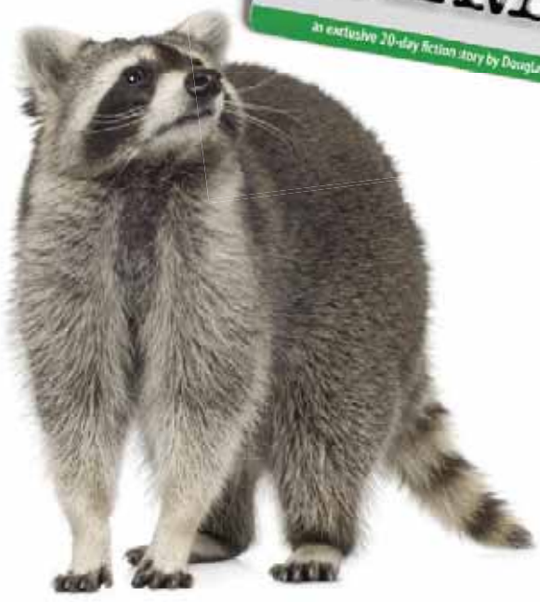
"Sir!" said the intake nurse. "This is a hospital. I'll politely ask you to lower your voice."

"My stomach — God, it's like a tractor's driving over it."

"You're in a great deal of pain, are you?"

"Yes. Some idiot slugged me in the sternum."

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."



"Where did this happen?"

"In a bar."

It didn't take a genius to see Dan was making a bad impression.

"How would you describe your pain, sir?"

"About 8 on a scale of 1 to 10."

The nurse buzzed a security guard. "You're the 10th person tonight to describe your pain that exact same way. I'm afraid I can't help you in your quest for pills, sir. Next!"

Out on the street Darren commiserated. "Sorry dude. Take two of mine."

Dan grabbed them and chewed them like Mentos. Then he collapsed.

TO BE CONTINUED ...

Random fact of the day

- A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.

SOURCE: DIDYOUKNOWARCHIVE.COM

Random biz fact of the day

18 mos.

It's hard being at the top — 40 per cent of executives hired at the senior level are pushed out, fail, or quit within 18 months.

SOURCE: NEXCAREER

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TARGET MARKETING MISSES THE MARK

SHE SAYS

Jessica Napier
metronews.ca

For over a decade, the PR masterminds at Victoria's Secret have been transforming what is essentially an hour-long television commercial into a highly publicized pop culture event complete with social media hashtags and at-home viewing parties.

This year's installment of the annual holiday fashion show doesn't officially air on prime time television until Dec. 10. But the body glitter-encrusted spectacle exploded all over Twitter and Instagram in real-time during last week's taping, which means I've had plenty of time to consider whether or not the latest $10-million Royal Fantasy Bra is machine washable.

As always, this year's show featured a cast of beautiful supermodels strutting down the runway in six-inch heels and barely-there outfits which only sort of covered their impossibly perfect bodies. And while I know that these ethereal Angels live in a different realm of reality than us mere mortals (I have some suspicions that Candice Swanepoel might actually be a fembot), I'm happy to indulge in a little escapism and take a peek into their world for this yearly event.

Over the course of the night, I watched as bombshell beauties modelled outrageous lingerie adorned with Swarovski crystals, patterned latex and faux fur details. Outfits were topped off with tiny novelty hats, intricate snowflake headpieces and an abundance of iconic feathered wings.

I understand that the runway show is intended for highly conceptual designs rather than the mass marketed thongs you might find in the "5 for $25" basket at your local mall, but so much of this year's costumery veered away from beautiful fantasy and straight into WTF territory.

I had a particularly big problem with latest collection from the brand's PINK line, which is geared towards a younger 15-to-22-year-old demographic. The sexed-up outfits were accessorized with large emoticon-faces, graphic text-speak acronyms and plenty of innocent childlike imagery.

The assortment of bizarre ensembles sent a very confusing and unsettling message about youth, sexuality and popular culture.

Is this a desperate attempt to target the teenage market by jumping aboard the sexting trend? Was there a backroom full of market researchers who decided that people must be fantasizing about incorporating Japanese emoji symbols into their bedroom attire? Far from sexy, these technology-inspired, Technicolor outfits were silly at best and at worst, infantilizing.

I can't be the only person who felt uncomfortable watching adult women prance down a runway in juvenile ensembles that looked as if they had been produced by a group of glue-gun wielding 12-year-olds on an intense sugar high.

The audience tunes in to see something luxurious and glamorous; don't send out hyper-sexualized Punky Brewsters clad in the wackiest wardrobe choices you can come up with and expect me to get on board.

I'm happy to admire a highly implausible, sequined, nude bodysuit modelled on a genetically perfect specimen, but watching a grown woman strut around with balloons shaped like happy faces and ice cream cones tethered to her zebra-print panties is just too much for me.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Scenic landscape or wavy ocean?

ROB ETZEL/SOLENT NEWS

Photo of colourful sunrise deceives

A panorama of rolling hills looks like gentle ocean waves as the sun rises over the farmland. The only signs of life disturbing this tranquil scenery are the outlines of lonely roads and isolated trees. This amazing image by American photographer Rob Etzel was taken in the Palouse region in Washington. **METRO**

Q & A

Dew creates deep green reflection

ROB ETZEL
Software professional and photographer, from Portland, Ore.

How did you capture the oceanic, wave-like feel to the landscape? It was all about where and when I took the photo. I had to hike up and through soaking wet, waist-high wheat fields to get a perfect vantage point — and do this before 5 a.m. when I took the image. In the morning, the dew and water from the irrigation create a deeper green and almost blue reflection off of the wheat fields.

Rolling hills not rocky water

99%

of the Palouse region (area: 5,000 square kilometres) has been converted from grasslands and savannas to agricultural land. The Palouse region is the most important lentil-growing farmland in the U.S.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

This month has been a very good one for mobile gaming so far, from premium (for the App Store, anyway) epics to free addictions that will demand daily attention. Here's three that have been eating up our time.

Oceanhorn protagonist
CONTRIBUTED

Tiny Death Star:

The publisher name says Disney Mobile, but this is a Nimblebit joint through and through. Like Tiny Apartment and Pocket Planes before it, TDS is all about obsessively building an economy from scratch — in this case managing individual floors of the Death Star and the residents and employees who live there. Obsessive being the key word here, at least for a week or so. (iOS, Android/Free)

Oceanhorn:

A Zelda clone that's also among the most graphically beautiful iOS games ever made. Everything you would expect from a Link adventure — dungeons, treasures, special items — is here, save one unfortunate omission: The clever puzzles are replaced with repetitive tasks and environmental engagement is lacking. But, it's still a worthy and fun attempt at an epic adventure and as close as you're going to get to a Zelda on mobile. (iOS/$8.99)

Boom Beach:

Supercell's follow-up to the absurdly profitable Clash of Clans doesn't finagle with the formula. Once again, you're in charge of growing and commanding an army that, depending on your skills as a general, will conquer enemy islands while keeping your own safe and sound. Just as addictive as Clash, but even early on, the strategy seems deeper. (iOS/Free)

Letters

The media and other politicians can save their breath as far as Toronto Mayor Rob Ford's supporters go, it's pretty clear by now that the more 'convincing' is attempted, the more they dig their heels in, in his defence.

There is still the question of what's next, and that is the most important aspect of this issue, and the one that seems to be least considered in all the print spinning around this fiasco.

A single candidate with a vision and a sense of diplomacy, an appreciation of the tremendous polyglot wealth that makes up the Greater Toronto Area, and not ten months from now, but now. If there are two or three strong contenders in a campaign against Ford next fall, he clearly has what he needs to cruise right back in while they posture amongst themselves and their assorted backers, and then each blame the other for siphoning support.
Jeremy Gauthier, Hamilton, Ont.

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DVD review

The World's End

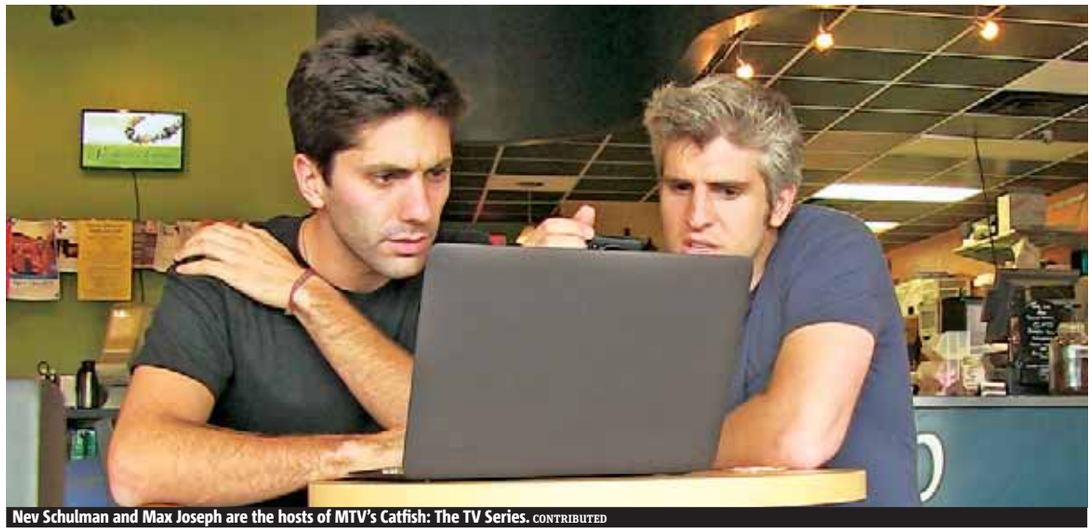
Director. Edgar Wright

Stars. Simon Pegg, Nick Frost, Martin Freeman

●●●●○

The World's End has an alien invasion, nasty robots, apocalyptic visions and riotously over-refreshed pub crawlers. The scariest thing about it, though, is the unspoken "3" in the title. The final chapter of a movie trilogy rarely works, much less argues the case that it's the best of the three. Not to worry. Concluding their whimsical Cornetto Trilogy of horrifying British foibles, which began with Shaun of the Dead in 2004 and continued with Hot Fuzz in 2007, writer/director Edgar Wright and his co-writer/actor Simon Pegg hit the finish line with pens and guns blazing. And whilst skillfully splicing comedy with sci-fi (a lad's reunion pub crawl collides with an alien invasion), The World's End delivers a pleasant jolt: these guys have actually grown up. The genre-savvy Wright and Pegg have reached middle-age, along with actor chum Nick Frost and other troupe regulars, and there's a bittersweet ripeness to their outlook.

PETER HOWELL



Nev Schulman and Max Joseph are the hosts of MTV's Catfish: The TV Series. CONTRIBUTED

Love, lies and online spies

Catfish. Metro sits down with the duo who give online romances a big reality check

MICHELLE CASTILLO
Metro World News in London

Realizing that the person you fell in love with isn't perfect can be devastating. Finding out they aren't who they said they were — on TV — is a whole different beast.

For people who have been "catfished" — the slang term for falling in love with someone's fake online persona — reality can be dream-crushing.

We spoke to Nev Schulman and Max Joseph, co-hosts of MTV's Catfish: The TV Series about why it is so easy for people to get duped online.

The topic hits close to home for Schulman, who was catfished himself and starred in the 2010 documentary Catfish.

Do you think a lot of people found it hard to believe the Catfish movie was real? You hear the same thing about NFL linebacker Manti Te'o or any of these Catfish episodes.

Max: I can understand when the movie came out that people thought it was too crazy to be true, and also the fact that people were filming it every step of the way also seems farfetched. If you knew the whole story, you knew that those guys — Nev's brother and Henry — film everything so the film actually turned into something.

I think what's most interesting is that after the movie came out — forgetting all the controversy if it's real or not — what was even more stunning was the amount of emails that Nev and everyone who made the movie started getting about the exact same experience from people who had a "catfish" situation or was in one.

The outpouring of people who identified with these situations was overwhelming, and that's really what gave birth to the show.

Why do you think people can suspend disbelief when they think they have a good thing with a significant other?

Nev: In a lot of cases people who find themselves wrapped up in relationships online are people who are looking for something in their life that they don't have — that might be a career; that could be an experience, that could obviously be a relationship.

Max: We talk a lot about how mystery is the greatest aphrodisiac. Something we've found out about the show is that when someone only tells you bits and pieces, human nature is to fill in the rest of our own fantasy of who we want the other person to be.

It's very easy to do that online.

Bro love

OK, now the real question everyone wants to know. What's up with the bromance between you two? Are you kind of surprised that there are conspiracy theories that you two are really together?

- Max and I talk about this a lot. We play with it, and certainly have fun with it. If you really want an answer, obviously the answer is we're both straight. We both have girlfriends.

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Jennifer Podemski, left, and Cara Gee, star in Empire of Dirt, which opens Friday. CONTRIBUTED

Broken family tale transcends cultures

Empire of Dirt. Story of mother-daughter relationship strikes a chord with audiences

STEVE GOW
scene@metronews.ca

For Jennifer Podemski, the eight years it took to get Empire of Dirt into theatres has been time well spent — even if she sometimes felt her efforts would never see the light of day.

"There were many times I wanted to walk away because it was so challenging," said the producer/star of the multi-generational drama focused on a broken First Nations family. "It was really a challenge to not make it an identity politics kind of movie…I wanted to get into all the nitty gritty about residential schools and explain why these women were the way they were but we all agreed (not to) make any of the issues they were dealing with culturally specific."

That key decision has only emboldened the strength of Podemski's film — not to mention its reach. The movie may touch on such provocative First Nations issues as residential schools but does so in a way that doesn't alienate other audiences.

"There were versions that really delved into the residential school conversation and we decided to take it all out; it seemed like exposition because those characters wouldn't really talk about it," explained Podemski. "In our effort to keep it real and honest, we had to prevent ourselves from going down that path to want to explain (those issues) to the audience."

Quoted

"It was really a challenge to not make it an identity politics kind of movie."

Producer/actress Jennifer Podemski

As such, the film has found a following by simplifying a single mother's story about returning home with her rebellious teenaged daughter to reconcile with her own mother (Podemski) and the decisions of her past. "It seems like it resonates with people who have some perspective on their own life," said Podemski. "We have a lot of people who couldn't stop crying after the film because it resonated with their own experience with identity and abandonment — things that maybe anyone can relate to."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The Lady Gaga Q&A

GABRIELA ACOSTA SILVA
Metro World News in Mexico

With Artpop available now, we grabbed a few minutes with the singer to discuss the hype — and the costume changes.

So we're guessing art, pop and culture are influences in your life?
And they blend together. It's like saying that you and me can be together, or me and my fans — we can all be together in one space and live despite differences or colours. Pop and art are not in conflict with culture; they are part of each other. So the intention of the album was to put art culture in pop music, a throwback to Andy Warhol.

Give us three words to describe Artpop.
Hate, love and sensuality.

Reviews have been a bit harsh.
The reviews do not bother me, but the rumours or gossip do. Fame provokes a negative energy that causes instability in me. But I am a woman facing something new every day and, despite constant attacks to me, there is always something good, like my little monsters, who are always there.

The makeovers — are they a disguise? Some type of shield?
Yes, I have many costumes (laughs). That is Lady Gaga. I'm always on the defensive in my professional side. I always wear different clothes and change my outfit to feel stronger. Depending on the day, I am the person I am. If one day I feel weak I will change my hair three times and I will feel like a superwoman. It doesn't matter the colour of hair — it's what makes me feel like a strong woman.

Ireland Baldwin

Baldwin's daughter has her father's back

Ireland Baldwin is sticking up for her dad, Alec Baldwin, in the wake of his alleged use of homophobic language during an altercation with a photographer. "For someone who has battled with anger management issues, my dad has grown tremendously. My dad is far from a homophobe or a racist," the 18-year-old model posted to Twitter. "It takes a lot of strength and support for someone to grow and become a better person. We all say things we don't mean. We all say things we can't take back."

Man makes off with serious booty using simple celebrity scheme: TMZ

An unidentified man has reportedly made off with thousands of dollars in stolen jewels just by dropping Nick Cannon's name, according to TMZ. The thief reportedly called retailer Fred Segal claiming that Cannon needed some jewels for his wife, Mariah Carey, and asked that they be delivered to the Roosevelt Hotel in Hollywood. A woman from the store obliged, handing the bounty off to a man at the hotel who appeared to be a security guard who said he would return with cash for the jewels. That was the last the Fred Segal employee saw of him.

Nick Cannon

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Trading twirls for leg lifts

Trend. Madonna loves it, Taylor Swift and Natalie Portman do it — but what the heck is ballet barre? Metro tries out a class and gives you the lowdown

ROMINA McGUINNESS
wellness@metronews.ca

A dancer's body is strong, lean and flexible — we all saw Natalie Portman and Mila Kunis in Black Swan. Who wouldn't want that?

Luckily, ballet-inspired classes, called ballet barre, are becoming increasingly popular with the fit-but-not-necessarily-coordinated crowd.

Although the workout incorporates elements of pilates, yoga and cardio exercises, it's very much about ballet. And don't worry, most of the time you'll be able to clutch the barre for support.

Whether you're in New York, London or L.A., all ballet barre classes will be structured in (more or less) the same way.

At the Barre Toned Studio in London's Notting Hill, Daft Punk and Pharell's Get Lucky is blasting in the background (some exercises are done on the beat), and instructor Katharina Klaus is getting the class warmed up with a series of leg lifts and bicep curls.

She has her microphone on and will shout at you if your posture is off or you're not lifting your heels high enough — motivating for some, irritating for others. After that, everyone grabs hold of the barre to work the thighs.

"Your thighs are your largest muscle group, so working them uses up a lot of calories," Klaus tells us.

At this point in the class, you won't be able to ignore the burn in your quads. For us, the pain was excruciating.

"As soon as we're done with one set of exercises, we stretch. You need to do this when the muscle is still warm, as this will elongate it further and increase flexibility," she explains.

The class then moves to the floor, where Klaus makes us do moves such as the pretzel, floor core and round back to simultaneously work our legs, the core and the waist.

"After round back, we go back to our mats and focus on targeting different abdominal muscles, and mainly the rectus abdominis (your six pack) and the obliques," says Klaus.

Finally, the class closes with a yoga prayer.

All that leg lifting and ab crunching will help you become more toned, flexible and, with time, help you lose weight. According to Klaus, you can burn up to 400 calories in one class.

"You're basically chipping away at any excess fat, toning and lengthening your body as you go along," she tells us.

Yes, even you can develop poise, and lightness of step. Watch out Mila.

Dig deep and embrace your inner dancer with this new exercise routine. CONTRIBUTED

The ballet barre playlist

- **Get Lucky.** Daft Punk featuring Pharrell
- **Stay.** Rihanna featuring Mikky Ekko
- **Starships.** Nicki Minaj
- **The Other Side.** Jason Derulo
- **Work Hard Play Hard.** Wiz Khalifa

Best Health

Crazy about these nuts

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the November/December issue of Best Health, we show how different nuts stack up in terms of calories, fat and excellent health benefits.

All nuts are cholesterol-free and contain heart-healthy omega-3 fats, but they have other advantages, too.

Hazelnuts
These are rich in manganese, an antioxidant with anti-aging properties. Also high in mono-unsaturated fat, the same kind that's in olive oil. One hazelnut has 8.5 calories and 0.8 grams of fat.

Peanuts
They are technically legumes, but just seem to belong in the nut bowl. Peanuts have more protein than any other nut. One peanut has six calories and 0.5 g fat.

Almonds
An antioxidant in almonds protects cells and tissues from diseases such as cancer.

And a handful of almonds is a filling snack. One has seven calories and 0.6 g fat.

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A breath of fresh air on lung cancer reality

Canadian health.
Lung cancer is one of our top killers, but the stigma surrounding it may be restricting research dollars

Lung cancer kills more Canadians each year than any other malignancy, but the disease receives a disproportionate amount of research and donation dollars compared with far less deadly cancers, says a national advocacy organization.

Lung Cancer Canada says the disease causes more than 28 per cent of Canadian cancer deaths — more than those from breast, colon and prostate cancer combined — but receives only seven per cent of cancer-specific research funding and 0.1 per cent of charitable cancer donations.

Dr. Natasha Leighl, an oncologist at the Princess Margaret Cancer Centre in Toronto, said the reason lung cancer gets so little respect is the stigma surrounding tobacco use — and the mistaken belief that all cases of lung cancer result from smoking.

But Leighl said at least 15 per cent of people who get lung cancer never smoked and some develop it through exposure to radon gas or industry-related carcinogens like asbestos. And recently, the World Health Organization fingered air pollution as a major cause of lung cancer.

"As someone who works in this area, I'm always so surprised that Canadians are so supportive of other smoking-related diseases like heart disease and stroke, and yet lung cancer seems to bear all the blame associated with smoking," she said Thursday.

"I think it's important to realize that a growing number of people with lung cancer are people who smoked as teenagers and then quit when they were very young. There's a growing number of never-smokers with this disease, and this is something that really affects all Canadians and is definitely worth people supporting, irrespective of the smoking issue."

In fact, one in 12 Canadians is at risk for lung cancer in their lifetime — both smokers and never-smokers alike, said Leighl, who is also president of Lung Cancer Canada. About 25,000 Canadians are diagnosed annually with lung cancer and an estimated 20,000 die each year from the disease, said the organization, which is calling for a national screening program, increased research funding and greater access to new life-prolonging drugs.

THE CANADIAN PRESS

There is a common misconception that anyone who gets lung cancer got it as a result of smoking. CONTRIBUTED

Other cancers

Dr. Peter Ellis, an oncologist at McMaster University's Juravinski Cancer Centre, said that despite the grim toll taken on women by lung cancer, the disease "isn't even recognized" in fundraising events like the annual Weekend to End Women's Cancers.

- **Common fundraising events for disease.** Other cancers, among them colon and breast cancer, are influenced by lifestyle choices such as poor diet and lack of exercise, but patients with those malignancies aren't typically exposed to the stigma attached to lung cancer.

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What's the difference?

We often hear about the dangers of Type 2 diabetes. But what's there to know about Type 1 diabetes?

- **Quote.** "Type 1 is an autoimmune disease. Antibodies attack the pancreas, and it gets knocked out and can't produce insulin," explains Dr. Jerome Tolbert, the medical director for outreach at Beth Israel Medical Center's Gerald J. Friedman Diabetes Institute. "People with Type 1 diabetes have to take insulin to live. It's a lifelong thing they have to do every day."
- **Other.** Type 2 diabetes, on the other hand, occurs when the body resists insulin, often as a result of poor lifestyle habits.

You are what you eat

Medical advice.
New information on diabetes shows a healthy diet can prevent the disease

VIRGINIA PELLEY
Metro World News

Maintaining a healthy diet can help those with Type 2 diabetes. ISTOCK PHOTOS

One of the best ways to prevent Type 2 diabetes? Eat like a diabetic. That advice might sound counter intuitive, but researchers in Germany examining the effects of lifestyle choices on the mortality of people who have diabetes and people who don't concluded that both groups benefited from the same advice for a healthy diet: pack in fresh fruits and vegetables, whole grains and lean meats, and limit your intake of butter, fried foods and sweetened soft drinks. Although the advice is the same, diabetics have a 62 per cent higher mortality rate than non diabetics, so they will see even greater benefits from maintaining a healthy diet.

"Several decades ago, we told people with diabetes to avoid all sugar and sweets, but that thinking has fallen by the wayside," says Dr. Bob Cuddihy, head of Diabetes Medical for Sanofi U.S. "Now we don't recommend an absolute prohibition of sweets, but a balanced diet that's realistic and won't make people feel deprived."

The majority of people with diabetes, a metabolic disorder, have Type 2, which means that the body doesn't use insulin — the means for getting glucose into your cells for energy — properly. This is referred to as insulin resistance; in response, the pancreas starts overproducing insulin to normalize blood glucose (sugar) levels, but over time it won't be able to keep up.

No need to be drastic

"Several decades ago, we told people with diabetes to avoid all sugar and sweets, but that thinking has fallen by the wayside."

Dr. Bob Cuddihy
Head of Diabetes Medical for Sanofi U.S.

"Consistently elevated blood sugar levels can put stress on the heart and affect blood flow to the extremities, causing long-term damage to your health," says Abigail Kennedy-Grant, a registered dietitian at the Diabetes Center of Mount Sinai Hospital in New York City.

Although one of the risk factors for Type 2 diabetes is age — you're at greater risk after the age of 40 — the incidence of Type 2 diabetes in young people is rising at an alarming rate.

Other risk factors are obesity, family history, a sedentary lifestyle and your race and ethnicity.

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What to know about gestational diabetes

Get to know the risks of gestational diabetes. ISTOCK PHOTOS

Babies. Moms-to-be need to be educated on eating habits for pre- and post-pregnancy and the risks to their kids

VIRGINIA PELLEY
Metro World News

Melanie Jay didn't consider herself at risk of developing gestational diabetes, a diagnosis during pregnancy that means excess blood glucose (sugar) is passing from the mother to her baby via the placenta.

A general internist and an assistant professor at New York University School of Medicine and Population Health specializing in obesity-related health services, Jay didn't have a strong family history of the condition, wasn't overweight, exercised regularly and maintained a healthy diet. Pregnant with twins, however, she developed gestational diabetes and had it during her next pregnancy as well.

"The influx of placental hormones during pregnancy help your baby develop, but they can also block normal insulin function in the mother, making your body more resistant to insulin," Jay says.

Without enough insulin, your body can't convert glucose into energy, so it collects in the bloodstream. High glucose levels in the blood can lead to serious pregnancy complications, such as pre-eclampsia (a high blood pressure condition that, if left untreated, can be fatal), preterm delivery, overweight babies and an increased risk of cesarean delivery.

The American Diabetes Association estimates that gestational diabetes affects 18 per cent of all pregnancies. Some women are genetically predisposed to develop diabetes, particularly if they are overweight, says Dr. Joel Zonszein, director of the Clinical Diabetes Center at Montefiore Medical Center, the University Hospital for Albert Einstein College of Medicine.

Because moms-to-be with gestational diabetes are passing along high levels of glucose via the bloodstream, their babies overproduce insulin; this means they're getting more energy than needed, which is then stored as fat.

Macrosomia, or "large" babies, can injure their shoulders during delivery, are at higher risk of developing respiratory problems and have a greater risk of becoming obese or diabetic later in life.

Women are often good about carefully controlling their diabetes with glucose monitoring, diet and exercise during pregnancy, but it can be more difficult after delivery, when the baby's health is no longer a factor and they're overwhelmed with the responsibilities of being a new mom. One study showed that many women don't get screened to see if they have diabetes after they give birth.

"The key is education; not only how to monitor blood sugar levels but what she can expect before, during and after pregnancy," Zonszein says. "Women should also involve the entire family in learning to control diabetes."

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Meet Bitcoin millionaire Charlie Shrem

Early investor. The CEO of top exchange forum BitInstant is determined to improve the digital currency's image

KIERON MONKS
Metro World News

The constant attention is getting to Charlie Shrem. "I'm having dinner with my family and people come up to me and say, 'You're the Bitcoin guy.' I get a lot of free drinks but it's annoying, I never talk about anything else."

Shrem doesn't need free drinks. At 23, he is among the handful of Bitcoin millionaires who bought up the digital currency in its early stages, when units were below $10 US and the circulation was tiny. As bitcoins shot up to over $200 US each, he became CEO of premier exchange forum BitInstant, and vice chairman of the Bitcoin Foundation, his vehicle for domination.

"It's the largest socio-economic change since democracy," Shrem tells Metro, talking by phone from his offices in New York. "We are in a digital age and the only thing that is not digital is money, so every cash exchange requires you to trust a middleman company and pay high transfer fees. With Bitcoin it's instant and the transfer fee is under one per cent."

But how to take it out of its tech ghetto into everyday life? "When normal people realize the advantages they will be attracted. And it's not niche anymore — millions of people around the world are using it, and the people that are not using it have heard of it," says Shrem.

It's a long way from 2011, when Shrem, a finance graduate from City University of New York–Brooklyn College, bounced from rejection to rejection in his efforts to launch the company with his partner, the Welsh software developer and Asperger syndrome sufferer Gareth Nelson.

Shrem met Nelson on a forum — and they have still not met in person. Eventually a $10,000 US loan from Shrem's mother, and an investment from so-called Bitcoin Jesus, Roger Ver, got BitInstant on its feet.

"It was about surviving to the next day, never sleeping," Shrem says of the beginning. "There is a strong community culture with Bitcoin as there is not much consumer protection — it's difficult to win trust and easy to lose it. You live on your reputation."

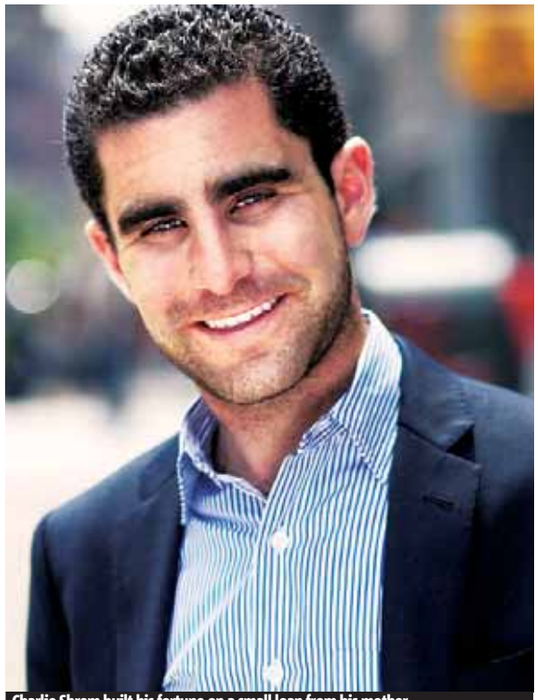
The currency has itself struggled with image, best known for facilitating drug and gun deals at first. But with increased scrutiny from authorities, Shrem wants to make it respectable. "We're all trying to take it away from the negative. A lack of professionalism could derail it at this point."

And that's his mission. More than getting rich, Shrem is an evangelist. "I'm a purist. I believe technology can change the world. We just need to share the same vision."

Bitcoin basics

- Unlike the loonies and toonies in your pocket, a Bitcoin is not issued by a national government's central bank. A Bitcoin is created by a computer program, which uses a complex cryptographic algorithm to prevent people from fabricating their own counterfeit coins.
- Anyone with an Internet connection can trade Bitcoins, making it a free alternative to PayPal or credit cards for online purchases.
- To safeguard against fraud, anyone can view every Bitcoin transaction ever made. But the virtual wallets in which Bitcoins are stored are not linked to any personal information.
- Because there are a fixed number of Bitcoins in existence, their value fluctuates as they are bought and sold on open exchanges, similar to a commodity such as gold.

TORSTAR NEWS SERVICE



Charlie Shrem built his fortune on a small loan from his mother.
COURTESY CHARLIE SHREM

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MICHELLE CASTILLO
Metro World News

Mobile app millionaire Nick D'Aloisio, age 17. GETTY IMAGES

Charlie Bit My Finger has earned close to $200,000 US. YOUTUBE

A YouTube video of David DeVore Jr.'s reaction to anesthesia after a visit to the dentist has earned his family more than $100,000 US in ad revenue. GETTY IMAGES

When David DeVore uploaded a video of his son acting loopy after a visit to the dentist, he never imagined that it would become one of the most popular YouTube videos of all time. In fact, he only meant to share it privately with his family, but didn't configure the privacy settings.

"I had no idea what was going to happen," he says. "It was just more of a convenience thing." Then boom. After going viral, the video has nearly 120 million views, netting the family more than $100,000 US in ad revenue. DeVore quit his job as a real estate agent and is now a full-time parent and manager of the David After Dentist blog.

DeVore got lucky — like the dad behind Charlie Bit My Finger, which has netted that family close to $200,000 US. Predicting what will be a hit is tricky, however, and raises the ugly question of whether you're exploiting your child. Here are a few rules to live by:

Don't be obviously fake
The woman who covered the house in flour, pretending the children did it, netted 4 million views — and a ton of backlash that resulted in a non-starter.

Encourage your kids to get behind the camera
Nick D'Aloisio of London was nine when he cut his first film. He learned to program at 11. At 15, his news app, Summly, was funded by venture capitalists, and later sold to Yahoo! for $30 million US.

But still treat them like kids
D'Aloisio still relies on an allowance from his parents.

Be mindful of exploitation
Would you like someone putting up a video of you pooping your pants, or singing about R2D2? "(David) seems to have really embraced his fame," says Katie Elson Anderson, author of the study Configuring Childhood on the Web. "But when he's 20 or 30 looking for a job, how is his fame going to impact him then? We still don't know," she says.

DeVore says he doesn't force his son to get in front of the camera. "There's temptation there to cram the channel with a lot of different videos, but I would feel uneasy about it."

For the record, DeVore still posts videos of David, but only at his son's request. "To me, it's just a natural evolution of it," he says. "As YouTube goes more and more mainstream, I have no problem with it as long as the kid is enjoying it."

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Quintessential fall side becomes star of the show

1. Heat the oven to 350 F.

2. Unroll the pie crust and set it over a 9-inch tart pan with removable bottom. Gently press the crust into the pan and up the sides. Using your fingers, crimp and remove any excess dough. Refrigerate the crust.

3. Fill saucepan with 2 inches of water, then fit it with a steamer basket. Set the squash in the steamer basket, then bring the water to a boil. Cover and steam the squash until tender, 15 minutes.

Ingredients

- 9-inch prepared (rolled) pie crust
- 1 3/4 lbs peeled and cubed (about 1/2-inch cubes) butternut squash
- 3 eggs
- 1/4 cup grated Parmesan cheese
- 2 tbsp brown sugar
- 1/2 tsp dried thyme
- 1 tsp salt
- 1/4 tsp ground black pepper

Savoury Butternut Squash Tart

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

4. Transfer the squash to a blender or food processor. Process or blend until mostly smooth. Add the eggs, cheese, brown sugar, thyme, salt and pepper, then process again until very smooth.

5. Remove the crust from the refrigerator and set it on a rimmed baking sheet. Carefully pour the squash mixture into the crust, then bake for 25 minutes, or until set at the centre. Cool slightly before cutting into slices.

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Taking care of business — part time

Temporary often becomes full time.
Temps can be an important asset. Here are 5 ways to make them feel at home

MIKE DOJC
life@metronews.ca

It's your temp's first day. How are you going to welcome and integrate him or her into office life? ISTOCK

Here today, gone tomorrow temps don't always get the same introductory fuss as permanent employees. Companies that don't put enough effort in welcoming temporary workers into the fold may not only be losing productivity but also missing out on a valuable future hire.

Onboarding icebreakers
For temps to be effective they need to be just as much a part of the team as everybody else. "It goes way beyond (knowing) their name. I make a point of the team getting to know the person because they're going to work together," explains Lynn Roger, senior vice-president and chief talent officer at BMO Financial Group. "A temporary employee is filling a need. That might be for a couple of weeks or that might be for three months. Often times we actually convert temporary employees into permanent employees," explains Roger.

Never skimp on orientation
"Temporary professionals can contribute a lot more, more quickly, if they have a clear understanding of what is expected from them," weighs in Nicole Parrotta, branch manager at Robert Half's Calgary office. Be sure to give the lay of the land and offer clear direction on the project, the deadlines, and the frequency of required follow-ups. Taking the time to properly set expectations will pay long-term dividends for the company.

Encouragement goes a long way
Whether it's genuine praise for a job well done or constructive criticism to get them back on track, temps typically are putting their best foot forward and want to know if they're performing up to snuff. Plus, providing feedback is a developmental opportunity. "It's about staying in touch with the person. Give them positive feedback and positive reinforcement. But also be able to answer questions," says Parrotta.

Buddy up
Assign a temp to an office buddy who thoroughly understands the scope of the work they will be doing. The bud can also act as their point of contact and help them navigate their work environment, especially useful in a large office. "It's a small price to pay to make sure they're set up for success even if they are a temporary employee because it could be very temporary that they're temporary," explains Roger.

Long-term conversion potential
Many temps do what they do because they are trying to get their foot in the door and gain an understanding of corporate culture at various companies. The biggest reason many temp is that if you do a great job and play your cards right, there's always the potential it could lead to something more. "If I have a really great temporary resource that comes and joins my team and unfortunately I don't have anything else for them, I would actually encourage them to network and I would open doors for

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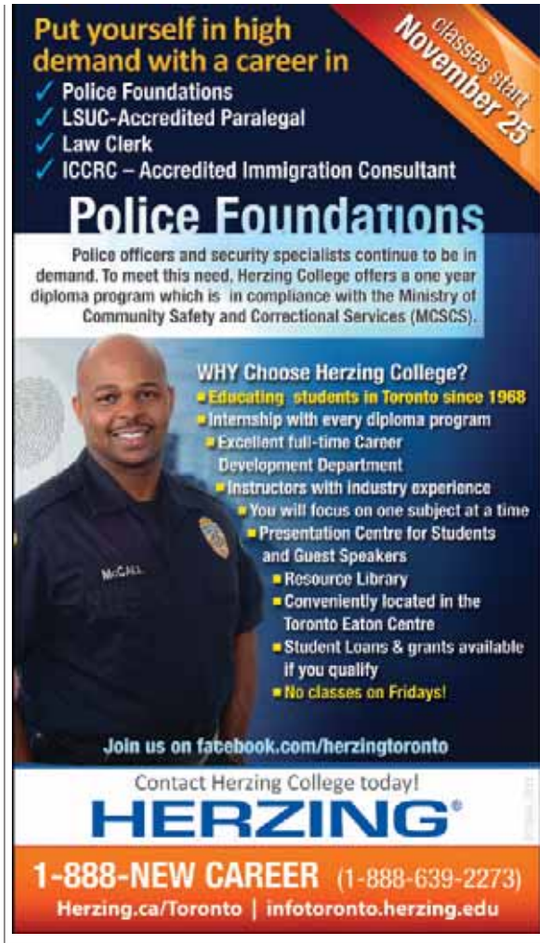
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Crafty creations for the working girl

DIY on the fly.
Entrepreneur brings the glitz and glamour to your front door

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Dara Frydman, Owner of Designher Co.

What: DIY jewelry and accessories subscription kit for adults (and kids) delivered straight to your home.

Where: 1380 Bathurst St., Toronto

Why: "When you get to a certain age it's just bills you get in the mail. It's a treat every now and then to receive something uplifting."

Metro's Takara Small proudly shows off her handmade Designher Co. accessory. CONTRIBUTED

The DIY industry has stepped up its game recently with a slew of projects by local entrepreneurs who are putting the look and design of their fashionable pieces firmly in the hands of consumers.

It should come as no surprise that DIY projects are the next startup space to experience a revival. Like skinny jeans — what was old is now new again.

The latest fashion trend has been fully embraced and spearheaded by Dara Frydman, 28, owner of Designher Co. She and her part-time staff have long hosted DIY classes at their west-end studio in the Bathurst area. They've recently branched out to at-home delivery of jewelry kits for Canadians eager to make their own one-of-a-kind pieces in the comfort of their own home.

"I feel like the kits are targeted for someone who has a busy lifestyle and would love to have a hobby or create their jewelry but don't have the time to look for all the materials," she says. "And besides … it's a fun item."

The fashion grad is eager to show the next generation of fashionistas and designers how easy it is to create custom pieces — which I can attest to is quite doable when every thing you need comes in one handy package.

Each month consumers who sign up for the $19 a month subscription will receive a package in the mail containing the jewelry and accessories they'll need to craft their featured item.

Although Frydman has seen her business climb to new heights in recent months (thanks to a new Indiegogo campaign) she's very practical about her success and is firmly of the mindset that entrepreneurs must be dedicated to their business in order to make it, meaning long days and little sleep.

"This is going to sound cheesy ... but you have to be passionate about whatever business you're running. I can't tell you how many long nights I've had working at the shop," she says with a laugh.

Frydman tells anyone who will listen to "work harder and smarter" at their business. "You have to work hard and smart. People overlook that it's a tough roller coaster (being your own boss).

"The roller coaster can take a toll and if you're not prepared or in denial it can be challenging. If you're at the bottom of the roller coaster you have to remind yourself that it's got to go up again."

E-laborate

• Go to metronews.ca/voices/mom-and-pop-shops/ to watch Takara Small try out her very own DIY jewelry kit.

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THE RBC VISA INFINITE AVION LOYALTY CARD

There's nothing more frustrating than having travel plans go awry because your particular points card limits you to certain airlines.

A recent survey by Rewards Canada ranked the RBC Visa Infinite Avion card as the top travel rewards card in the hybrid credit/charge card (with annual fee) category — and airline choice is one of the benefits that RBC Avioners enjoy.

"These survey results come at a time when people are looking for guidance on choosing the right card," says Patrick Sojka at RewardsCanada.ca.

Here are the card benefits that make the difference:

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1 You choose the airline. Cardholders can choose to redeem points and fly with any one of more than 130 airlines.

2 Fly when you want to. Using this card, you can buy any seat on any airline at any time — no restrictions, no blackout dates, and no fluctuating point values.

3 You decide the travel-related expense for which you use your points. Cardholders decide what they use points to pay for — that can be the tickets, airline taxes, hotels, cars, vacation packages, etc.

4 It's accommodating. Avioners can use their points to book rooms at more than 50,000 hotel properties around the world.

5 Free insurance. The RBC Infinite Avion card comes with premium insurance protection including trip cancellation and trip interruption when using your card to purchase travel, merchandise, hotels and vehicle rentals. That equates to peace of mind for cardholders.

6 It's simple. MLM and Maritz Research Canada's 2013 Loyalty Report showed the card is tops in ease of tracking points, enrolment, understanding the program process, and program website. For example, you simply earn one RBC Rewards point for every $1 you charge to the card.

7 Cardholders love it. The report also showed the RBC Visa Infinite Avion was No. 1 in overall satisfaction.

8 Flexibility with points. Cardholders can convert rewards points to other popular loyalty programs such as WestJet dollars, take advantage of points accelerators like 25 per cent more on travel-related purchases, or redeem points for non-travel rewards such as merchandise or RBC Financial Rewards vouchers.

9 Sign-up bonus. New cardholders receive a sign-up bonus of 15,000 points.

For more, visit rbc.com/avion.

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MAKE HOLIDAY SPENDING WORK FOR YOU

With the holiday season in full swing, Canadians are preparing for crowded malls, congested parking lots and a limited supply of the most coveted gifts. Amidst the chaos, have you asked if your spending is working for you?

While we all value convenience, it is important for consumers to select a card that best suits their lifestyle and spending habits. A recent survey from American Express shows that 68 per cent of credit cardholders state rewards programs are important to them, but only 15 per cent admit to actually researching their options.

"There's increased attention being paid to rewards cards and, for the first time in many years, consumers are asking questions," says Brett Mooney, vice-president of consumer acquisition and management at American Express. "That's why we're stepping forward to offer Canadians a welcome bonus of 25,000 on our popular Gold Rewards Card and the first year fee on us."

XXXXPHOTO-CREDITXXXX

Here is a helpful list to make sure you are choosing the right card:

Do your research. There are many card options out there and a variety of features to suit diverse spending needs. Get to know the different perks and benefits and find a program that allows you to get the most of where you shop.

Identify your spending habits. Once you have all of the options in front of you, track the past six months of your spending to establish key patterns. Are you repeatedly using your card for everyday purchases like gas and groceries? Do you pay your balance in full each month? These answers will help you make a compatible choice.

Read the fine print. Before committing, make sure you read all the fine print and have a firm grasp on any restrictions or blackout periods so there are no surprises down the road. It's important to look for flexibility. The Amex Gold Rewards Card, for example, allows you to book a trip on your card through any travel provider and pay for it with points or transfer points to one of many frequent flyer programs.

Rewards programs can be daunting and more choices often feel like more headaches. Take some time up front to pick a card that truly works for you and you will barely have to think about it again — until, you are sitting on a flight you paid for with points.

For more information, visit amex.ca.

CASH IN ON YOUR INFLUENCE

Have you ever recommended a restaurant to someone or convinced a buddy to go ahead and get that tattoo? If you have, chances are you are one of 75 per cent of Canadians who consider themselves influential.

According to a new survey from American Express Canada, we are an influential bunch. Most of us say that we are likely to be influenced to try a new restaurant, to travel to a new destination or to follow through on financial advice because of a recommendation. With the rise of social media, this is more true than ever.

"Nearly one-in-five Canadians say social media has made them more influential, which means the power in word of mouth is turning to world-of-mouth power," says Erik Qualman, a well-known influence expert and author of Socialnomics. "As a result, we're seeing a number of great referral programs that put you, the consumer, in the power seat."

CONTRIBUTED

As an expert on the power of influence, no one understands the business behind referral programs better than Qualman. Here are his tips to help turn your influence into rewards:

Do your homework. For instance, some taxi companies will credit your account and some telecom companies give you the chance to unlock exclusive deals. If you have had a great experience with a business or product, don't be afraid to ask if they have a referral program and how you can opt in.

Make sure it's a win-win. According to a recent American Express survey, 64 per cent of people are more willing to recommend a product or service if there is something in it for them and their friend. A good example is the American Express Refer a Friend program. It offers bonus rewards for both of you for successful card referrals. This is a great way to rack up rewards for your next vacation.

Be authentic. Your friends don't want to be referred to every service or product of which you interact. Instead, stick to those you have had truly great experiences with or brands you love and you know your friend will love, too.

For more information on the Refer a Friend program, visit amex.ca/refer.

REFER A FRIEND TODAY

Every time a Cardmember successfully refers their Amex Card to someone they know, Amex will treat both the existing and new Cardmember to bonus reward points that can be used towards a dream vacation, movie packages, gift cards and more.

For instance, Amex Gold Rewards Cardmembers earn 10,000 points, enough for a $100 travel credit, when they successfully refer someone they know to the card. With both the referral and current welcome bonus, their friend earns 30,000 points; enough for a flight anywhere in North America.

Steps to turn your influence into rewards:

- Visit Amex.ca/refer.
- Select your current. American Express Card from a list.
- Fill in your name and card number.
- Send the Refer a Friend invite out to friend and family members via email or Facebook, and make sure they apply for the card through the link you send to earn a referral bonus for each approved referral.

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FREEDOM TO FLY WHERE YOU WANT

AVENTURA REWARDS YOUR PURCHASES

Savvy Canadian travellers and shoppers are always on the lookout for premium credit cards that offer reward points for their purchases — after all, who doesn't like a little buying power bonus of some kind? With CIBC's Aventura credit card, travellers can earn premium travel rewards, including a Welcome Bonus.

If you get an Aventura credit card before Dec. 31 and you have a minimum of three purchases posted to your card's account by Jan. 31, 2014, you will receive up to 30,000 bonus Aventura Points. With that amount, you could book a round trip right away from, for example, Toronto to Fort Lauderdale or from Calgary to Phoenix.

For those who enjoy shopping, the Aventura card will earn 1.5 Aventura Points for every dollar spent at gas stations, grocery stores and drugstores, two Aventura Points for every dollar spent on travel purchases made through the CIBC Rewards Centre, and three Aventura Points per dollar spent at select CIBC Bonus Rewards establishments.

The revamped card's new travel rewards features also mean you can redeem reward points for travel on any airline, have access to any available seat on the plane and fly for as few as 10,000 Aventura Points.

Other enhancements include new trip cancellation, medical and trip interruption insurance, plus free 24/7 access to CIBC Visa Infinite Personal Concierge Service. You will also be eligible for car rental discounts of up to 25 per cent at participating Avis and Budget locations. If you need a cash advance, you can get up to $1,000 per day.

CIBC is offering this travel rewards program to give Canadians the freedom to fly where they want, when they want.

CIBC's new Aventura program was built on the input it received from rewards collectors. In building the program, CIBC listened to Canadians' feedback about current travel rewards programs and built the new Aventura with their wish list in mind.

EARN MORE POINTS FASTER WITH AVENTURA

To create its revamped Aventura credit card, CIBC did its research and asked Canadians what they wanted in a travel rewards program. Among the findings, one important need stood out — clients wanted the ability to earn more points for their spending and earn them faster.

So CIBC Aventura's offer of 1.5 points per dollar spent on gas, grocery and drugstore purchases was an attractive feature. Who doesn't like earning extra points for everyday purchases they would have made anyway?

The research also showed that Canadians wanted the flexibility in knowing that they could access every seat on any airline. What's more, they didn't want any blackout periods or points expiry, and they wanted to be able to use points toward taxes and fees.

Canadian travel reward cardholders viewed CIBC's Aventura offer as attractive due to the value that Aventura Points provide toward travel costs and the ability to book travel without limitations — that means any airline, any seat, anytime.

CONTRIBUTED

CIBC's Aventura program also has no blackouts and no points expiry, and you can use your available Aventura Points to cover everything, including taxes and fees.

With Aventura there are short-haul flights for as low as 10,000 points and long-haul flights for as low as 25,000 points.

If you prefer, you can use a combination of cash and points to pay for your travel. To get you started, you will receive a special activation bonus of up to 30,000 Aventura Points.

CIBC listened to what clients wanted and compared an improved CIBC Aventura program against existing programs. The research shows that the enhanced CIBC Aventura program provides great value to Canadians on the attributes that are important to them.

PEACE OF MIND

A CIBC poll conducted by Harris/Decima reveals that 36 per cent of Canadians worry about getting sick or injured while on vacation, 18 per cent are concerned about losing their money or credit cards, and 12 per cent fret about overspending.

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- Coverage for flight delays, missed connections and lost or stolen checked baggage.
- Trip cancellation/interruption insurance covers losses arising from sudden and unforeseeable circumstances, such as an accident, an injury or sickness.

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CIBC

Visit us at cibc.com/penguinscanfly or call 1 855 813-9803.

[1] Offer applies only to newly approved eligible Aventura credit card accounts opened by December 31, 2013; transfers from an existing CIBC credit card are excluded. Bonus points will be awarded to the primary cardholder after making qualifying purchases. Offer may be withdrawn or changed without notice at any time. Conditions apply; for details visit cibc.com/penguinscanfly. [2] Aventura Points can be redeemed for up to 100% of the cost of airfare as well as (if you have sufficient Aventura Points) for taxes and other charges on airfare purchased through the CIBC Rewards Centre. You must book all flights through the CIBC Rewards Centre. Some taxes and other charges may be collected locally/when you are travelling, and cannot be prepaid; please ask a CIBC Rewards Centre Counsellor for specific details. [3] Redemption at this Aventura Point level available starting January 1, 2014. Available with CIBC Aventura Visa Infinite™ card, CIBC Aventura Gold® Visa™ card and Aventura Visa For Business card. Flight availability at this point level depends on ticket prices set by airlines and will not be available to all destinations from all departure points and times. Visa™ and Visa Infinite™ are trademarks of Visa Int./CIBC lic. user. All other trademarks are owned by CIBC or related entities.

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COLOURBOX

CARD SOARS ABOVE THE REST

WESTJET RBC WORLD ELITE MASTERCARD

Looking for a travel rewards card?

The WestJet RBC World Elite MasterCard has come out on top in two consumer reviews.

MoneySense's top travel reward cards for 2013 is a review and ranking of more than 200 credit cards based on sign-up bonuses, fees, and other perks specific to the travel category. The WestJet RBC World Elite MasterCard was rated No. 1.

The card was also voted the top airline credit card by the Canadian public on RewardsCanada.ca, a popular online resource for travel rewards.

Top features of the card include a welcome bonus of $250 WestJet dollars for new cardholders. Also, cardholders get an annual round-trip companion flight in Canada and the continental U.S. (excluding Hawaii and Puerto Rico) for $99 (plus taxes, fees and charges).

"Our top rankings are a testament to the hard work WestJet and RBC have done to provide Canadians with a travel rewards card that is easy and simple to use ... to both earn and redeem WestJet dollars," says Prashant Sharma, vice-president, retail credit cards at RBC. "It's all about transparency, convenience and value, no matter where, when, or how you want to travel with WestJet."

For every purchase they make, cardholders earn WestJet dollars, which can be redeemed for any amount, to anywhere WestJet flies, at any time.

One way to build your WestJet dollars faster is to consolidate your spending on the card. Also, using the credit card for small daily transactions such as coffee, groceries and gas adds up.

At the same time, Sharma recommends that cardholders pay off their monthly balance to maintain good financial health.

FEATURES

WestJet RBC World Elite MasterCard features:

- Welcome bonus of $250 WestJet dollars.
- Annual $99 round-trip companion flight (plus taxes, fees and charges) to any WestJet destination in Canada or the continental U.S. (excluding Hawaii and Puerto Rico).
- Comprehensive insurance coverage (travel, auto rental, medical and burglary).
- $1 WestJet dollar equals $1 CAD when redeemed for travel with WestJet or WestJet Vacations.
- Redeem WestJet dollars for more than 85 WestJet destinations in Canada, the U.S., Mexico or the Caribbean.
- No travel restrictions.
- Earn 1.5 per cent in WestJet dollars for every $1 spent on the card (two per cent for every $1 spent on the card for WestJet flights or vacation packages).

Swipe through your potential partners on Tinder, but be classy. HANDOUT

Getting a Tinder date not a swipe dream

Helpful tips. Focus on your profile pic, don't come on too strong. Use it as a launching pad to meet that special someone

RICHARD PECKETT
Metro World News

It's the dating app that'll have your on-screen lust life swiped into action. Here's our guide to meeting the person behind the profile pic.

Profile pictures – Don't mis-sell yourself
Frankly, group shots are irritating. You're selling yourself, not your mates – so your first image should be a headshot and nothing too distorted and artsy. No abs shots, guys, this isn't for the cover of Men's Health. Remember: people are flicking through photos at a rate worthy of R.S.I. (repetitive strain injury) so make 'em stop with a flirty face or power pose – and yes, pouting does work girls as long as you've got the lips for it.

Bio – Peppy, not prosaic
On a site where the sole focus is on the superficial, the bio can seem kind of redundant. Keep it down to a few helpful hints about you – but don't expect the furious finger flicker to take any notice of it. Girls: if you're tall (over 5-foot-10), include your height, unless you're after a Tom Cruise and Katie Holmes situation. Lastly, any quirky facts (Burlesque dancer) or particular passions can be a great way to start a convo.

Openers – Don't come on too strong, bunny boiler
Unless you're a condemned man, don't profess your love over Tinder. Conversely, save the dirty talk for a hook-up site: "You absolute babe :) I would love to totally wreck you x". You're not talking to a sex-crazed avatar, so kick off with something that you might actually say to a real person, like "Hi, how are you? What did you get up to over the weekend?"

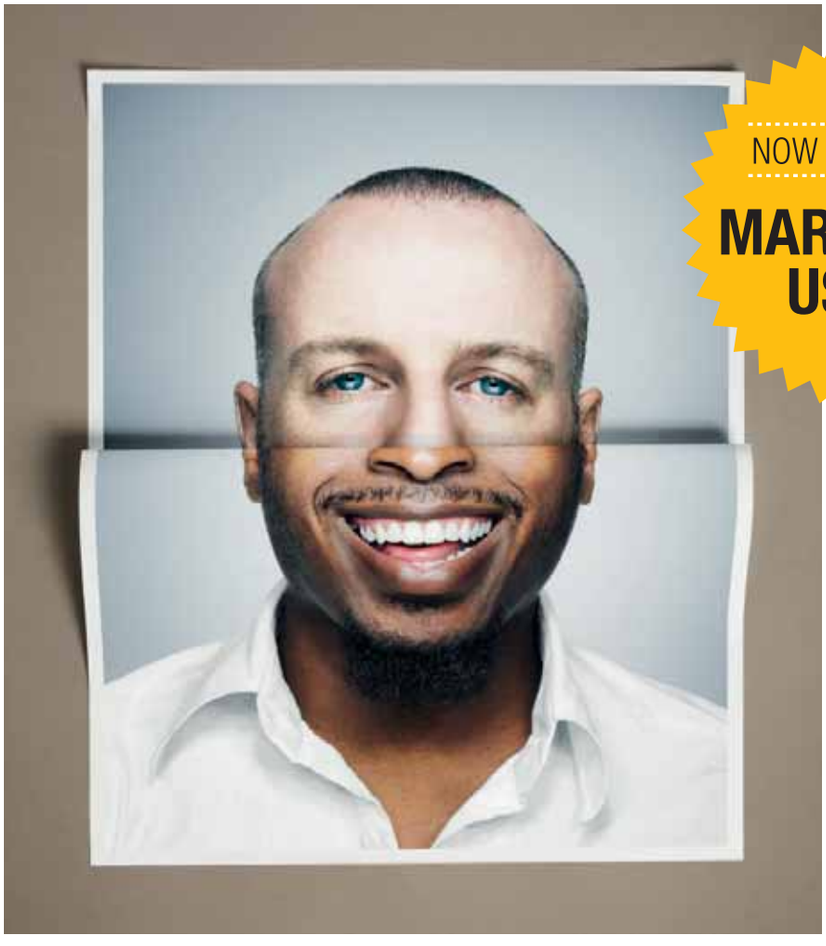
Seal the deal – Get that date down
OK, the Tinder texting is sparking and you wanna meet up with the person behind the profile pic. Ask for their number, and if they're a bit nervy, send yours first and make friends over Facebook. That way, the potential love interest can get an idea of your social life and decide whether they want to be part of your weekends in a torture dungeon.

First date – Play it cool
People have a tendency to overthink the first date scenario but when it comes to a blind date of sorts, it's best to keep it simple. Drinks and chat is a reliable option.

Tinder 101

- It's a dating app, not a sex app.
- It's free on a smartphone.
- The app connects to Facebook and accesses your friends, though it doesn't broadcast that you're on Tinder.
- Your 'About' section, if you have one, will also appear on Tinder.
- You can only choose profile pictures from your Facebook page.
- Swipe right to like and left to pass.
- Get a match (you've both swiped right on each other) and the Tinder icon turns blue. Now you can chat or, as the game says, "Keep Playing".

TINDER TALK
- Men, a.k.a. 'Tinmen'
- Girls, a.k.a. 'Tindettes'
- 'Blueing' – you've got a match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Boatmen singing blues going into off-season

CFL. Disappointed Argos still frustrated after loss to Tiger-Cats

The frustration was etched on the faces of the Toronto Argonauts on Monday, the pain of missing out on a chance to defend their Grey Cup title still gnawing at them a day later.

A rather glum Scott Milanovich was the first to appear at a season-ending media availability on a grey, windy afternoon at the team's practice facility in Mississauga.

Expectations were high after a Grey Cup victory last year on their home turf. The Argos were a confident bunch and looked like they were on their way back to the championship game after a strong first half on Sunday against the Hamilton Tiger-Cats.

But the Toronto attack went quiet in the second half and the Ticats took advantage en route to a 36-24 win.

"The buck stops at the head coach and we didn't get it done," Milanovich said. "It's my responsibility to find ways in which I could have done better or put our guys in better position to have gotten the job done.

"And I'll do that and I'll be better a year from now."

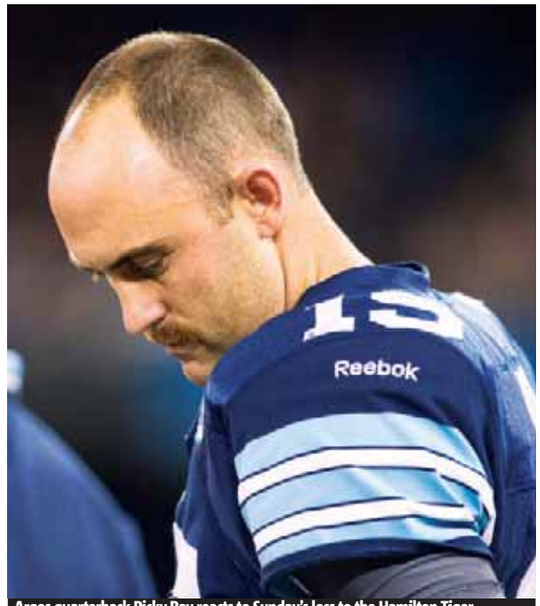
Toronto clearly missed the presence of injured running back Chad Kackert, who won the Grey Cup MVP award last year. The Argos rushed for only 13 yards against the Ticats.

"It's tough," quarterback Ricky Ray said. "This one is going to hang around for a little while."

Toronto had its chances in the fourth quarter, with Ray leading the team on a late drive before turning the ball over on downs with less than a minute to play.

"You can beat yourself up pretty good about it," Ray said of the missed opportunities. "But what you've got to realize is you can't win them all."

THE CANADIAN PRESS



Argos quarterback Ricky Ray reacts to Sunday's loss to the Hamilton Tiger-Cats in the CFL East Division final. The Ticats move on to face the Saskatchewan Roughriders in this Sunday's Grey Cup in Regina. CHRIS YOUNG/THE CANADIAN PRESS

Soccer. Brazil on a roll ahead of friendly in T.O.

They're coming off a 5-0 dismantling of Honduras, and their coach just guaranteed a World Cup victory.

Soccer fans in Toronto will be treated to a Brazil squad that's on a roll and nearing the top of its game when the five-time World Cup champions play Chile in a friendly on Tuesday.

"I think that today if we analyze Brazil ... it's very difficult to find any weakness," Chilean coach Jorge Sampaoli said in a news conference Monday. "The team, the way they play, the responsibility they feel, the effort of the individuals like Neymar. ... We have to be at our best to be able to compete with this team."

THE CANADIAN PRESS

UFC. Night-of GSP gives way to morning-after GSP

Georges St-Pierre was all smiles Monday in the wake of his controversial decision win over Johny Hendricks at UFC 167.

The UFC welterweight champion tweeted a picture of himself in his Las Vegas hotel.

"Good morning from Vegas - Feeling much better now! Merci a tous pour votre support incroyable!!!" St-Pierre tweeted.

Monday's tweet was in stark contrast to St-Pierre's attitude on Saturday night, when he hinted at retirement.

Georges St-Pierre THE ASSOCIATED PRESS

"I need to get out for a while. I don't know what I'm going to do," he said after the fight. THE CANADIAN PRESS

Cycling

Armstrong accuses UCI head of planning coverup

Lance Armstrong claims former International Cycling Union president Hein Verbruggen instigated a coverup of his doping at the 1999 Tour de France.

Armstrong told Britain's Daily Mail newspaper in an interview published Monday that Verbruggen insisted "we've got to come up with something" to explain his positive tests for a banned corticosteroid.

Cycling's governing body, the UCI, appeared to ignore its own anti-doping rules when it accepted Armstrong's backdated prescription for a cream to treat saddle sores. That allowed Armstrong to continue in the race and he went on to win the first of his seven Tours. THE ASSOCIATED PRESS

Sochi 2014

Russia's sports minister says gay law was mistake

Russia's sports minister says passing the gay "propaganda" law that sparked calls for boycotting the Sochi Olympics was a mistake — not because of its contents, but because of its timing.

Vitaly Mutko is quoted by the RBK business newspaper as saying: "Perhaps the state authorities should have waited a little … It was possible to calculate how much resonance it would cause in the West."

The law passed bans distributing so-called propaganda of non-traditional sexual relationships to minors. THE ASSOCIATED PRESS

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Leafs need a quick remedy for their ills

NHL identity crisis?
Free-falling Toronto could find themselves in 6th place with a loss to the Islanders

Call it an identity crisis.

The Leafs enter another week of games having a host of flashpoint issues — Phil Kessel has the flu; Tyler Bozak may be back from injury by Saturday; Nazem Kadri will return from suspension Thursday; Mark Fraser looks like a no-go Tuesday against the Islanders.

But the bottom line for a club that is a loss away from sliding from third to sixth in the Eastern Conference continues to be "identity."

No matter who is in or out of the lineup, the Leafs continue to be a work in progress as far as establishing an identity. Coach Randy Carlyle underlined that situation at Monday's practice.

Nazem Kadri, top, is expected to return to the Leafs' lineup Thursday while Phil Kessel enters the week with the flu. TORSTAR NEWS SERVICE

"We did enter quicker through the neutral zone and we had a stronger forecheck, and that's the template we look at for our club, that's what we are trying to do with the personnel we have," Carlyle said, referring in part to a more rounded look to the team in two games with Buffalo over the weekend.

Carlyle, though, does not have the luxury of a consistent lineup. He may not even have a lineup that can deliver completely on the "template."

The Leafs remain one of the worst puck possession teams in the NHL, riding at the moment at about 42 per cent in terms of holding onto the puck. They are trying to remedy that with David Clarkson, Mayson Raymond and Dave Bolland as new entries into the top six forward mix.

Opponents can also focus on shutting down the top scorers (Phil Kessel, Joffrey Lupul) and be confident of success since the Leafs have a weak goal performance from their bottom 6-7 forwards (five of them have yet to score a goal).

Toronto finishes out November with seven games in the next 12 nights, a grind that should provide plenty of opportunity to improve on the template factor.

TORSTAR NEWS SERVICE

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	20	14	6	0	64	50	28
Boston	19	12	6	1	53	36	25
Toronto	20	12	7	1	57	47	25
Detroit	21	9	5	7	54	60	25
Montreal	21	10	9	2	52	45	22
Ottawa	20	8	8	4	58	62	20
Florida	21	5	12	4	46	70	14
Buffalo	22	5	16	1	41	68	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Washington	21	12	8	1	69	59	25
Pittsburgh	20	12	8	0	56	47	24
NY Rangers	20	10	10	0	42	50	20
Carolina	20	8	8	4	39	55	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	21	8	10	3	61	68	19
Columbus	20	7	10	3	52	57	17
Philadelphia	19	7	10	2	35	48	16

Monday's results
Boston at Carolina
Anaheim at Pittsburgh
Calgary at Winnipeg
Sunday's results
Columbus 4 Ottawa 1
Washington 4 St. Louis 1
Los Angeles 1 NY Rangers 0
Chicago 5 San Jose 1
Dallas 2 Vancouver 1
Minnesota 2 Winnipeg 1
Tuesday's games
All Times Eastern
St. Louis at Buffalo, 7 p.m.
NY Islanders at Toronto, 7 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	21	14	3	4	78	61	32
Minnesota	21	13	4	4	55	44	30
St. Louis	19	13	3	3	66	46	29
Colorado	19	14	5	0	59	41	28
Dallas	20	11	7	2	58	56	24
Winnipeg	22	10	10	2	57	61	22
Nashville	20	9	9	2	46	63	20

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	22	15	5	2	71	56	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	21	14	6	1	58	46	29
Vancouver	22	11	8	3	56	58	25
Calgary	20	6	11	3	54	75	15
Edmonton	22	5	15	2	53	83	12

Note: Two points for a win, one point for overtime loss.
Ottawa at Philadelphia, 7 p.m.
Nashville at Detroit, 7:30 p.m.
Minnesota at Montreal, 7:30 p.m.
Boston at NY Rangers, 7:30 p.m.
Chicago at Colorado, 9 p.m.
Columbus at Edmonton, 9:30 p.m.
Florida at Vancouver, 10 p.m.
Tampa Bay at Los Angeles, 10:30 p.m.
Wednesday's games
Minnesota at Ottawa, 7:30 p.m.
Pittsburgh at Washington, 8 p.m.
New Jersey at Anaheim, 10 p.m.
Columbus at Calgary, 10 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS
(Two-game series)

EASTERN CONFERENCE

KANSAS CITY VS HOUSTON
Leg 2 — Saturday, November 23
Houston at Kansas City, 7:30 p.m.

WESTERN CONFERENCE

REAL SALT LAKE VS PORTLAND
Leg 2 — Sunday, November 24
Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

DIVISION FINALS

EAST DIVISION
Sunday's result
Hamilton 36 Toronto 24

WEST DIVISION
Sunday's result
Saskatchewan 35 Calgary 13

101ST GREY CUP
Sunday, Nov. 24 — All Times Eastern
Hamilton vs. Saskatchewan, 6 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	9	1	.900	—
Miami	7	3	.700	2
Chicago	5	3	.625	3
Philadelphia	5	6	.455	4½
Atlanta	6	4	.600	3
Charlotte	5	5	.500	4
Orlando	4	6	.400	5
Toronto	4	7	.364	5½
Boston	4	7	.364	5½
Cleveland	4	7	.364	5½
New York	3	6	.333	5½
Detroit	3	6	.333	5½
Brooklyn	3	6	.333	5½
Washington	2	7	.222	6½
Milwaukee	2	7	.222	6½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	9	1	.900	—
Portland	8	2	.800	1
L.A. Clippers	7	3	.700	2
Golden State	7	3	.700	2
Oklahoma City	6	3	.667	2½
Houston	7	4	.636	2½
Minnesota	7	4	.636	2½
Dallas	6	4	.600	3
Phoenix	5	4	.556	3½
Memphis	5	5	.500	4
Denver	4	5	.444	4½
L.A. Lakers	5	7	.417	5
New Orleans	4	6	.400	5
Sacramento	2	7	.222	6½
Utah	1	10	.091	8½

x - clinched playoff berth; **y** - division; **z** - conference.
Monday's results
Portland at Brooklyn
Charlotte at Chicago
Denver at Oklahoma City
Philadelphia at Dallas
Golden State at Utah
Memphis at L.A. Clippers
Sunday's results
Portland 118 Toronto 110
Memphis 97 Sacramento 86
L.A. Lakers 114 Detroit 99
Tuesday's games
Minnesota at Washington, 7 p.m.
New York at Detroit, 7:30 p.m.
Atlanta at Miami, 7:30 p.m.
Boston at Houston, 8 p.m.
Phoenix at Sacramento, 10 p.m.

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This is the season where we focus more on others than on ourselves" Karlene
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Horoscopes

♈ Aries
March 21 - April 20
You have higher standards than most but no one expects you to be perfect, so try not to expect it of yourself. Even an Aries has limits, so lower your sights a little and remind yourself that you are human.

♉ Taurus
April 21 - May 21
You won't be able to put a foot wrong today, but that won't stop you from treading on some toes — deliberately! Mars and Jupiter combine to give a boost to your ego and make you feel you are unbeatable.

♊ Gemini
May 22 - June 21
You may be feeling guilty because everything seems to be going well for you while friends and family appear to be struggling. Remember, they are not struggling because of you.

♋ Cancer
June 22 - July 23
Be careful when dealing with people in positions of power because they are unlikely to tolerate criticism, even if it is justified. You may think that certain decisions are stupid but keep your thoughts to yourself.

♌ Leo
July 24 - Aug. 23
You have done more than your share of the heavy stuff recently. Take a break and don't feel guilty. What is it you want to accomplish? Get on it and ignore everything else.

♍ Virgo
Aug. 24 - Sept. 23
Mars and Jupiter make you decisive, which gives you the edge over those who cannot make up their minds. That's supposing that you make the correct decisions. You will.

♎ Libra
Sept. 24 - Oct. 23
Take time out of your schedule to offer a hand to a loved one who clearly needs assistance. Your kindness will be greatly appreciated, and noted, and one day will come back to you.

♏ Scorpio
Oct. 24 - Nov. 22
No matter what tasks you have to perform over the next 24 hours you will tackle them with gusto, then go looking for more problems to solve. You're in the groove and your creative juices are flowing.

♐ Sagittarius
Nov. 23 - Dec. 21
Negative thoughts are counter-productive: The more you worry about something the more likely it is to happen. Keep that thought in mind at all times today, especially on the work front.

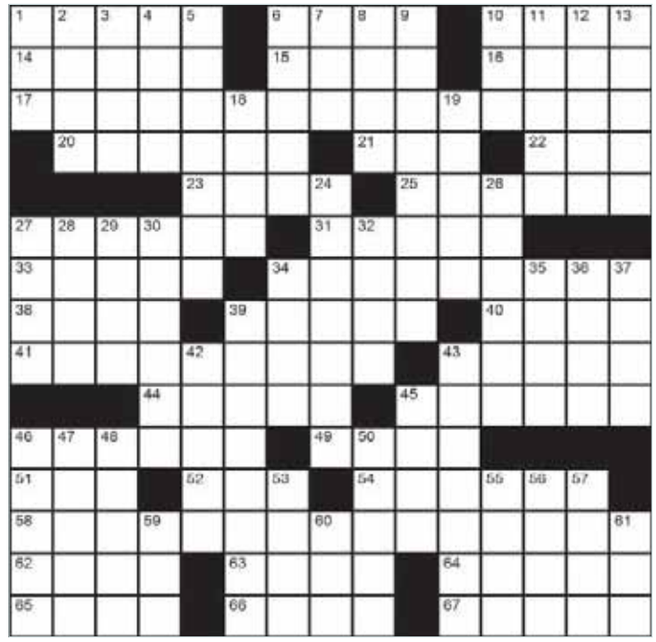
♑ Capricorn
Dec. 22 - Jan. 20
If something goes out of your life, don't try to hold on to it. Mars and Jupiter are urging you not only to let go of the past but to pick it up and hurl it out of the door. Time to move on to something better.

♒ Aquarius
Jan. 21 - Feb. 19
Make an effort to get out and meet people today. You need some fun and laughter in your life and you won't get it from waiting. Be the sort who makes things happen.

♓ Pisces
Feb. 20 - March 20
It's unlikely you will be in a serious mood today and that's good, but some people may take it as a mark of disrespect. Well, too bad. They'll have to live with it. SALLY BROMPTON

Crossword: Canada Across and Down

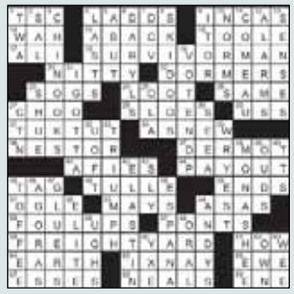
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Bible: Abraham's offering to God
6. Shout
10. Queen's 'Bohemian', e.g.
14. Workday food time
15. Jai's friend
16. Wish
17. 1961 Pierre Berton book classic, with The: 4 wds.
20. Welcomes a client at reception: 2 wds.
21. Pub serving
22. Daze
23. Headland
25. Kevin __, Canadian on "Shark Tank"
27. Required
31. Hammers and saws
33. Rat's retreat
34. Site of Newfoundland's oldest surviving lighthouse, also North America's most easterly land point: 2 wds.
38. Spin
39. Sacred choral piece
40. Montreal-born actress Ms. Lee
41. Getaway from The White House: 2 wds.
43. Waist circumference
44. "Jump" by Van Who?
45. Marching bands gear
46. Community in southern Ontario north of Waterloo
49. Friends of '-Fis'
51. Cacharel perfume
52. AOL exchanges
54. Silent-movies-to-talkies flick, "The __"
58. In Canada, as examples... No Frills, PriceSmart Foods and Food Basics: 2 wds.
62. Approximately: 2 wds.
63. Weight allowance
64. Prince Charles' realm
65. Cry
66. "My word!"
67. "__, __ ...that's where you've got it wrong..."

Down
1. They, in Tadoussac
2. Does lawyering
3. 'Accept' suffix
4. Territorial measure
5. Country singer Kenny
6. Dullsville declarations
7. Fitting-here gr.
8. Ms. Spencer of "Good Morning America"
9. BC district on the Fraser River
10. Pi's follower
11. Teamsters leader Jimmy (b.1913 - d.????)
12. "I am just _ __ boy..." - Simon & Garfunkel, "The Boxer"
13. Buddy Holly's "__ Sue"
18. Even
19. Some computers
24. Drugs like Lipitor
26. Vivacity
27. Drug deal buster, commonly
28. Philosopher, Zeno of __
29. Pre-HS
30. Mount Parnassus overlooks this 'oracle' city in Greece
32. Newspaper piece, __-__
34. Quathiaski __, BC
35. 12-star coin
36. Memo notation, for short
37. Hurrays!
39. Arctic dog, Alaskan __
42. Racecar driver Mr. Franchitti
43. Historic neighbourhood of Vancouver
45. Whirring sound
46. Fund
47. France's longest river
48. En __ (All together)
50. Confined amidst bars
53. Hosiery annoyance
55. Flight-related UN Agency based in Montreal [acronym]
56. Salts, in Sherbrooke
57. Lumberjack's target
59. Police officer
60. __-la-la
61. Opposite NNW

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1	2					7		8
	4	9	6				3	2
3			5	2			9	
			9		3	8	6	
		3		6		2		
	6	4	1		2			
	3			9	7			4
4	5				6	9	2	
7		2					1	3

Yesterday's Sudoku

1	8	2	5	4	6	7	3	9
9	5	6	1	3	7	2	8	4
4	7	3	9	2	8	1	5	6
7	4	5	6	8	3	9	1	2
2	1	8	4	9	5	3	6	7
3	6	9	2	7	1	8	4	5
8	9	1	7	5	4	6	2	3
6	2	4	3	1	9	5	7	8
5	3	7	8	6	2	4	9	1

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